Hot Topic: The True Cost of Dietary Supplements
By Rebecca Cenden

In recent years, there has been an influx of dietary supplements sold in the marketplace. Between 1990 and 1997, there was roughly a five-fold increase in the use of alternative medicine in the United States. Dietary supplement sales in this country alone grew from $4 billion to $15 billion from 1994 to 1999.1

Americans are self-prescribing dietary supplements because they believe that supplements may help ensure adequate amounts of essential nutrients that promote optimal health and will boost their exercise performance. Additional reasons as to why the dietary supplement industry is growing include: advances in nutritional science, agricultural technologies and processing techniques; widespread access to nutrition and medical information via new media; legislative changes to how food is marketed and labeled; the rise in demand of older adults for healthier foods to improve health; and escalating healthcare costs, placing more emphasis on disease prevention.

Athletes are particularly vulnerable to supplement use because they are specifically targeted by industry media strategies. Health claims often focus on how dietary supplements can give athletes a competitive edge. Unfortunately, many athletes succumb to these unsubstantiated claims and consume dietary supplements such as vitamins, minerals, amino acids, herbs, and botanicals among others, to improve their performance and health.

Dietary supplements, unlike medications, do not have to be approved by the Food and Drug Administration (FDA) for safety or effectiveness. Because supplements do not have to be standardized through governmental regulations, there is no assurance of product potency or purity. Some supplements have been shown to contain contaminants or dangerous levels of active ingredients that can lead to injury or death.

Marketed cures, treatments, and performance enhancers are ultimately based on myth and 

(Continued on page 12)
Letter From the Editors…

Dear Nutrition Students, Faculty and Staff:

With the 2005-2006 academic year just around the corner, The Grapevine sends warm greetings to incoming students and a big welcome back to students and faculty returning to TC. We are especially happy to welcome back Program Coordinator Isobel Contento, who was on sabbatical last year.

Look inside this issue for all the components you’ve come to expect from The Grapevine as well as the sections specific to the summer issue – the notes from alumni and faculty. See what our colleagues are doing out in the professional world, check in on what’s been keeping Isobel Contento busy for the past year, and find out why Randi Wolf deserves everyone’s congratulations and best wishes.

The Grapevine has news, too. We are excited to announce the online presence of The Grapevine. Please be patient as we work to add depth and content to the site. We have a lot of ideas for how we can expand, and would like to hear your ideas too. Please visit us at www.tc.columbia.edu/grapevine and let us know what you think.

We encourage anyone interested in writing for The Grapevine to contact us. We always have story ideas brewing, or you can suggest one of your own. It’s a great way to get involved and flex your creative muscle here at TC.

Sincerely,
Maggie Moon & Rachel Blumenthal

Editors, The Grapevine & Grapevine Online
Grapevine@columbia.edu
Out and About: Just Food’s CSA in NYC Mini-Conference

By Elizabeth Staum

On March 12, 2005, I had the opportunity to attend a mini-conference on community-supported agriculture (CSA) held by Just Food, an organization that works to promote a socially just and sustainable food system in the New York City area. CSAs are organizations that directly connect consumers and local farmers. The consumers pick up a share of vegetables every week throughout the growing season from a neighborhood drop-off site. As a result, the consumers receive fresher and less expensive vegetables and the farmers receive a more reliable income. Additionally, the local nature of the process mitigates many of the negative environmental consequences of conventional farming.

At the conference, it was mentioned that CSAs in NYC have managed to divert almost $1 million from the conventional food stream. While the growth of CSAs is impressive, there is much more work to be done. The conference included two opportunities to break out into small group sessions according to topic of interest.

For the morning session, there were five appealing options. I found it difficult to choose, but I finally settled on one entitled “Food Security/Justice 101.” Two representatives from World Hunger Year discussed how CSAs can be a springboard for change on a community or even global level. On a local level, CSAs are a way for individuals to bypass the problems of the conventional food system. They also raise awareness of these problems amongst their members so as to spur on greater activism around these issues. The session emphasized many of the issues that are examined in depth in Joan Gussow and Toni Liquori’s Nutritional Ecology course.

After the first session, conference attendees reconvened at the Teachers College cafeteria, where we enjoyed delicious, local and healthful lunch options. I chose some peach-mango juice, vegan red lentil soup, and a white bean-spinach turnover in a whole wheat shell.

Refreshed, we were ready to engage in the afternoon sessions. After another bout of indecision, I decided to attend a session entitled “Connecting CSAs to Ethnic and Religious Groups-How to Do It and Why it Matters.” Three speakers presented their varied experiences: one was a Muslim farmer who produces Halal chicken, another runs a CSA out of a synagogue that connects eating locally to Jewish ethics and traditions, and the last runs a CSA in the South Bronx that is inclusive of all ethnic groups, whether they be African-American, recent Latino immigrants, or young urban professionals looking for an area with an affordable rent.

This conference was a great opportunity to see what is going on in the New York area related to community-supported agriculture, and to meet a group of people who are incredibly dedicated to the cause. I highly recommend this event in the future to anyone interested in the topic of CSAs.

For more information on the host organization and next year’s conference, please visit www.justfood.org.
New Food Guide Pyramid and Dietary Guidelines
By Augustus Mosca

On April 19, 2005, Agriculture Secretary Mike Johanns introduced My Pyramid, a symbol and interactive food guidance system, to replace the 13 year old Food Guide Pyramid (FGP). My Pyramid reflects the information from the 2005 Dietary Guidelines for Americans, which was developed and published by the United States Department of Agriculture (USDA). The recommendations are based on select scientific evidence found to lower the risk of chronic disease and promote health. The new food guidance system, with 12 different calorie levels, attempts to individualize nutrition and activity needs.

The old FGP was literally turned on its side, thus creating vertical food groups. The new triangular graphic extends each food group the entire length of the pyramid, with each color representing a different group. Another differentiating feature of the new My Pyramid is the image of a person walking up steps on the side of the pyramid to stress the importance of physical activity. The new symbol is certainly more pleasing to the eye, although its simplicity allows for broad interpretation. There are no images of foods on the new pyramid. Food manufacturers can take advantage of the empty areas by emphasizing the importance of a food group.

The 2005 Dietary Guidelines for Americans, especially the exercise recommendations, emphasize weight control. While the previous guidelines urged Americans to accumulate at least 30 minutes of moderate physical activity most days of the week, the new guidelines recommend twice as much (60 minutes/day) to prevent unhealthy weight gain. To sustain weight loss, we should be physically active for 60-90 minutes most days.

Prior to the new guidelines, the grain recommendations encouraged Americans to include several servings of whole grain foods daily. Now, the recommendation specifically encourages us to consume half of our grains as whole grain foods.

Another new concept in the 2005 guidelines is “discretionary calories”. These calories are those which are “left over” after meeting all of one’s nutrient needs. Any food item can be used to meet the given calorie level, leaving room for people to have more foods from any category, including desserts, added sugars, and higher fat versions of everyday foods.

Because they are available online, these new guidelines are not accessible to all people. The many lower-income families that have some of the greatest need for healthful dietary changes may not have access to the internet and thus, the new pyramid. The USDA plans on making the new food guidance system more accessible to the public by displaying it in places such as grocery stores and healthcare offices.

If victory is in the numbers, the new FGP is a success. My Pyramid website recently received its 500 millionth consumer “hit”. The average visitor spends 20 to 30 minutes browsing the site.

The USDA is urging nutrition professionals to use the new guidelines and the FGP when educating clients and patients. It’s up to you to decide if and how to use them as part of your education tools. Keep in mind that the development of these guidelines is influenced by food producers with great self-interest, and much research is still needed before we have all the answers.

monounsaturated and polyunsaturated fats are also recognized in the new guidelines for fat.
Journal Watch: The Nutrition Exercise Connection  
By Vanita Spagnolo

While exercise performance and nutritional needs are interrelated, there are many conflicting views on what one should or should not eat in order to maximize physical performance, and what nutrients are depleted as a result of exercise.

The increase in food intake usually induced by heavy training allows people to obtain the required nutrients for optimal function. Research suggests that people who fulfill their nutrient requirements from food may not benefit from supplementing their diet with a multi-vitamin; however, persons who do not eat a balanced diet should take dietary supplements up to 150% of the RDA (Williams, 2004). The article states that people should obtain adequate nutrition including vitamin B, C, E and choline, citing that a daily intake of B vitamins below one-third of the RDA may result in a decrease in VO2 max. Since cardiovascular exercise tends to deplete levels of choline, it is important to obtain adequate levels of this amine. Athletes who have high intakes of choline have a low incidence of fatigue, especially during long distance running. This research also found that antioxidants such as vitamins C and E do not necessarily aid in exercise performance, although they do play a role in preventing oxidative damage to muscle tissues after exercise. Interestingly, this research concluded that excess intake of niacin may actually deplete muscle glycogen, causing a decline in aerobic endurance performance, as witnessed in research subjects.


This research study published in the *Journal of Exercise Physiology* tested male rats under conditions of strenuous exercise and food deprivation. Food-deprived rats were subjected to six weeks of static exercise training and showed declines in both body fat mass and body weight (Filaire et al, 2004). The rats on the restricted diet with no exercise regimen experienced lower levels of insulin, testosterone, and undetectable levels of the leptin hormone as a result of fat loss. The research suggests that dietary restriction accompanied by exercise leads to decreases in fat mass, but not lean tissue mass (for up to 6 weeks), while dietary restriction without exercise leads to decreases in both fat mass and lean tissue mass. The study concluded that dietary restriction coupled with strenuous training causes significant impairments in exercise performance.


In terms of fueling the body in order to achieve optimal exercise performance, this research article (Manninen, 2004) suggests that protein is just as important as carbohydrate intake. In this study, the catabolic state of exercise is shown to cause oxidation of the branched-chain amino acids (leucine, isoleucine and valine) to create energy for muscle contraction. The study makes the point that low carbohydrate diets may in fact be beneficial to exercise, and that adding a protein source to a diet including carbohydrates can result in greater exercise performance than with carbohydrate alone.

Got room on your shelf for one more fad diet book? Pick up a copy of *The pH Miracle for Weight Loss* by Dr. Robert and Shelley Young. Released in May as a spin-off to their earlier book (*The pH Miracle*), this far-fetched weight loss guide is perfect for roasting over your summer barbecue.

The authors assert that the way to achieve lasting weight loss and perfect health is to “eat alkaline,” limiting the diet to green vegetables, legumes, soy, brown rice and unsaturated fats. The theory is that acidic foods lower the body’s pH, leading to excessive blood coagulation, impaired red blood cell production and disease. Acidic foods lead to overweight, they claim, because the body stores fat in order to buffer acid from the diet. Thus, by avoiding such low-pH foods such as dairy, eggs, meat, fruit, wheat, refined grains and simple carbohydrates, one can trigger the body to release its excess fat and toxins.

The problem is that there is no scientific evidence behind this theory. First, no given limited handful of foods produces perfect health. In fact, scientific evidence suggests that *variety* is the hallmark of a healthful diet. And while most of the foods on the Youngs’ alkaline list are nutritious, some of their banned foods are equally important for nutritional balance. The creators of the pH diet also overlook the body’s own complex buffering system which, barring a serious metabolic problem, stabilizes body pH regardless of foods in the diet.

The book’s lifestyle recommendations lack scientific reasoning. For example, the authors recommend a two-week detoxification period of consuming only herbal laxatives, vegetable soups and supplements. They also recommend alkalizing drinking water with baking soda and exercising on a miniature trampoline to rid the body of any last trace of acidity.

Like many diets of its ilk, the pH diet may lead to weight loss simply because it includes low-calorie foods and exercise. Although the Youngs’ claim that their “miracle” diet overrides the law of thermodynamics, the truth is that avoiding “acidic” foods is likely to make no difference in your health or your weight. It may even deplete important nutrients from your diet and reduce your dining pleasure. The recommendation I’d make to clients and the nutritionally curious? If you’re in search of the miracle diet, keep looking.
The Book Club Goes to the Movies: The Future of Food
Reviewed By Monika Mahajan

On Thursday March 3rd, some 30 students and staff made their way to a private room in the Gottesman Libraries to view and discuss the film: The Future Of Food. The mood was one of expectant curiosity, as the crowd milled around an array of cookies, cheeses and fruits, awaiting the film. The event was moderated by adjunct professor, Dr. Pamela Koch.

The film is directed, produced and written by Deborah Koons Garcia (wife of the late Jerry Garcia of Grateful Dead fame). In it, Garcia illustrates the fascinating and disturbing transformations of modern agriculture from the “green” revolution to the “gene” revolution. A fact-based assessment of the silently growing crisis in large-scale industrial agriculture is presented with its powerful and long-reaching implications. Unchecked practices in creating genetically modified crops (GMOs) have resulted in a proliferation of untested food entering the mainstream food system. Even more disturbing is that these products which do not disclose their GMO-status include basic commodities such as soybeans, corn, and canola oil.

Garcia explains how this is occurring through a sinister web of deceit has been woven by ruthless, power-hungry multi-national companies with corrupt practices, strong political ties, and elaborate patent protection schemes. As an example, these companies are trying to patent tortillas – an indigenous product of Mexico for centuries.

The film ends on a hopeful note by exploring alternatives to GMOs, and applauding the growing popularity of organic and sustainable agriculture. The Future of Food invoked understandably strong emotions from the audience which ranged from general outrage about the audacity of Monsanto to specific desires to take action by joining a CSA. The exchange and sharing of ideas made the event a good bonding experience as well as an impetus for positive change.

Fall Book Club

Eat Here: Reclaiming Homegrown Pleasures in a Global Supermarket

By Brian Halweil

Date, Location, and Time TBA

A Worldwatch Institute book, check out the reviews at www.worldwatch.org

RSVP: TBD
Faculty Notes
Meet, Stay up to date, or find out more about our distinguished faculty.

Evan Berk, MA, MPhil – Instructor. During the past year, I have continued to work on the completion of my PhD from the Institute of Human Nutrition. My research is performed at the St. Luke’s-Roosevelt Obesity Research Center where I specialize in racial differences in obesity and type 2 diabetes mellitus. Specifically I am trying to identify physiological defects in the skeletal muscle that may explain the greater prevalence of insulin resistance (and eventually type 2 diabetes mellitus) in African American, pre-menopausal women. I have helped set up a new methodology in the Body Composition Unit at St. Luke’s Hospital using magnetic resonance spectroscopy to measure the amount of fat stored in the muscle. This new method allows researchers to measure a type of muscle fat non-invasively; easing the acquisition of data. I continue to work on research projects funded by the NIH, American Diabetes Association and the American Society of Nutritional Scientists.

Isobel Contento, PhD - Coordinator, Program in Nutrition. I have been on sabbatical this year working on my textbook: Strategies for Nutrition Education: Theory and Research Enhancing Practice, and enjoying every minute of it! It will be published by Jones and Bartlett. It has been 14 years since my last sabbatical so I am pleased to be able to do this. My thanks go to Randi Wolf, who has been ably running the Nutrition Program this year. I am also thrilled that we received a five-year grant to develop, and then disseminate, an overweight prevention curriculum to be taught through science education classes in middle schools. We have a great team on the project, including a couple of doctoral students. My partner on this project is my colleague in the science education program, Dr Angela Calabrese-Barton, and the project coordinator is Dr Pamela Koch. Pam continues as project coordinator for our previous grant, the Linking Food and the Environment curriculum for upper elementary students, which is in its final stages of publication. She has also been teaching all my courses for me while I have been gone: my special thanks to her for making this sabbatical year possible. As you can tell, she has been a busy lady! I hope you have a good summer and I will see you in the fall.

Christina C. Costa, MS, RD, CNSD - Director of the Dietetic Internship. This has been a very busy year for me both professionally and personally. The internship 5 year program assessment report was due to the ADA in the fall and I continue to make curriculum changes based on the program needs. We continue to have a high pass rate on the RD exam and TC scores on the exam have been higher than the national average for 3 years in a row. I welcomed my youngest daughter, Olivia Grace, on October 25th. She is an absolute joy! My daughter Sophia is now almost 3½ years old and is enjoying her role as a big sister. Program surveys will be mailed in the fall so please contact me at cc2005@columbia.edu if you have moved since graduation.

Stephanie Di Figlia-Peck, MS, RD, CDN - I teach the Clinical Nutrition course at TC. I am the Clinical Nutrition Manager for St. Luke's and Roosevelt Hospital, where I manage 13 clinical nutritionists. I coordinate quality improvement reporting and initiatives for Food and Nutrition Services and am currently working on several outcome studies that we are hoping to publish. In the fall I teach Nutrition and Diet Therapy at the Phillips Beth Israel School of Nursing. In addition, I have a small private practice in Long Island where I mainly see clients in their homes. I am a TC Columbia graduate with an APN degree. In my spare time, I enjoy biking and exercising and reading current research to keep me abreast of trends in the field, as well as spending time with my family.

(Continued on page 9)
Karen Dolins, EdD, RD. This has been a fun and rewarding year for me. In my job as Director of Nutrition for Altheus, I have been meeting with a number of highly ranked teen tennis players. My colleagues in the areas of psychology and coaching and I have developed an integrated approach to our work with these kids, and will present our format at the USTA Coaches Conference this August. I have also developed an integrated weight management program, where nutrition counseling is coordinated with an individualized exercise plan and psychological counseling, which was expanded this year to include kids. I have been fortunate to have the assistance of several dietetic interns throughout the year. I spent a great deal of rewarding time working on the 2005 SCAN Annual Symposium as its Chairperson. The meeting was held in Charleston, SC and was a huge success. I was honored at this meeting with the 2005 SCAN Achievement Award. Publications include a piece in Tennis Week Magazine on hydration called “How Dry I Am” and “Micronutrient Requirements of Physically Active Women: What Can We Learn from Iron”, co-written with Sharon Akabas and published in the International Journal of Clinical Nutrition. I continue to serve on the board of the Genetic Disease Foundation which seeks to aid in the prevention and treatment of genetic diseases. I have become a competitive triathlete, and am a frequent observer of my competitive kids as they play soccer, baseball, softball, gymnastics, and tennis.

Joan Gussow, PhD. I see that I opened my faculty note of last year by remarking that I had just won my first civil election, for trustee of the village of Piermont. After last week’s village board meeting where we were discussing property tax reassessment, I think I’ll amend that adjective to “uncivil.” Whew! Don’t mess with rich people’s money! Anyway, not that much has changed since last year except that I’m a year older and my garden now has a gorgeous stone wall running down one side that both keeps out the high tide run-over from my neighbor’s yard and offers me a place to grow plants that don’t like having wet feet. I’m getting better and better at growing and eating seasonally—I had fresh Brussels sprouts from my garden in January. My only problem is that in May I have to hand out the contents of my freezer to visitors because I can’t use up what I have put away. I continue to enjoy teaching Nutritional Ecology with Toni Liquori, chairing the Board of Just Food, and serving on various other boards and committees including the California Roots of Change Council whose fascinating work is trying to figure out how to create a sustainable California agriculture. Go on line to VividPicture.org to see what’s being done under our auspices. As for nutrition education, it may be politically incorrect to say so, but I must say that I find the new pyramid visual astonishingly incoherent. I had my problems with the old pyramid, but it sure made clear what you needed to eat the most of and what the least. Perhaps that was the problem. You see, I’m still political.

Pamela Koch, EdD, RD, Adjunct Assistant Professor. I thoroughly enjoyed teaching Strategies for Nutrition Education and Behavior Change, Introduction to Nutrition, Food, Nutrition and Behavior, and Seminar in Nutrition Education in Isobel’s and Lora’s absences this year. Thanks to our students for making this a wonderful experience. I will also continue to teach Research to the Dietetic Internship students during the summer. Our LiFE curriculum is being published, with Module 1, Growing Food, scheduled to be available later this summer. Modules 2, Farm to Table and Beyond and Module 3, Food and Health will follow. Check out our website www.tc.edu/life. Through another National Institutes of Health (NIH) grant we are working with a software company to develop a simulation game, LiFESim. In a pilot of LiFESim this spring sixth-graders in a Bronx school were completely engaged in building a community with sustainable farms along with local restaurants and farmers’ market to promote personal and environmental health. Ana Islas, graduate of our program, works with me on LiFESim. We, (Isobel as Principal Investigator and Angela Calabrese Barton, faculty member in Science Education as Co-PI), also received five more years of funding from the NIH Science Education Partnership Award (SEPA) to develop another module for LiFE, Choice, Control and Change (C3). C3 is a middle-school curriculum where students conduct inquiry-based activities to build a log of scientific evidence for the importance of healthful eating and ample physical activity, while they create goals for behavior change. This year I have also helped start a CSA (Community Supported Agriculture) for Columbia campus. I was featured in a film, Composting in the Big Apple, as I created a compost box with my son’s first grade class—if you would like a copy, contact me. Finally, my apartment is now a duplex with a beautiful, large, kitchen--please visit!!

(Continued on page 10)
Toni Liquori, EdD, MPH, Adjunct Associate Professor. My daughter Amy Simone continues to be delighted in her experiences at Brown University and is now looking forward to spending her third year at Trinity College in Dublin, Ireland. If any of you have ideas or contacts for her, please send them my way. Much change continues in my workplace with its name becoming FoodChange (formerly, Community Food Resource Center) and my position being expanded to that of Senior Director of Food Policy. I like to think of it more as “kitchen lady” in that the agency is now involved in about 40-50 institutional kitchens (mix of public schools, charter schools, soup kitchens, and food pantries) all needing to do the same thing – decrease the amount of highly processed food product and increase the amount of whole and minimally processed foods. It’s one of those clear objectives which hold an amazing array of complications to reach it – ranging from the need for technical expertise and the development of new skills (cooking!!) to resistance to change and fear of the unknown. Finally, working within the systems of NYC – whether the school system or the emergency food system – means that you are working on a large enough scale to either paralyze or make a difference. We are aiming for the latter! Please get in touch if you would like to get involved, tliquori@foodchange.org.

Shelley Mesznik, MS, RD - Adjunct Assistant Professor. 2005 was my 11th year teaching Nutrition Counseling at TC. The years fly by! In 2004 I left the Endocrinology group in White Plains and moved my private practice to Mount Kisco, NY. I call my business, “Nutrition & Diabetes & More.” In the past year, I added some new activities related to counseling to my list of part-time jobs that keeps me busy six days a week. I developed and presented a “Choices & Changes” follow-up workshop that reinforces previously learned counseling skills. For the Spring 2005 issue of *On The Cutting Edge*, published by the Diabetes Care and Education Practice Group of ADA, I co-authored an article called, “Counseling Strategies to Promote Behavior Change.” Just this month, I started working for a study looking at the effect teaching counseling skills to nutrition students has on patient outcomes. One way I stay up to date on diabetes is through the DIN Educator Network of Eli Lilly. Lilly provides diabetes educators with advanced training and then arranges for them to lead small group classes on diabetes self care and how to use Humulin insulin or Byetta (the newest diabetes medication approved by the FDA.)

John Thomas Pinto, PhD - Adjunct Professor. My teaching responsibilities at Teachers College involve integrating recent scientific advances with current knowledge of vitamins, minerals, and macronutrients in health and disease within the Advanced Nutrition II course. My research as Senior Scientist with the Cornell-Burke Medical Research Institute in White Plains, New York involves investigations on the effects of chemopreventive agents, dietary factors, and xenobiotic substances on modifying oxidation/reduction capacity in human cells and tissue. S-allylsulfides, S-cysteinyl and organoselenium compounds from allium foods (garlic, onion) alter antioxidant enzyme systems and cytosolic signal proteins that affect proliferative and apoptotic processes within human cells. For work on identifying and characterizing prostate-specific membrane antigen in human prostate cells, I am co-recipient of a patent on its uses in clinical medicine. In addition to training graduate and undergraduate students in my laboratory, I have served on Ph.D. committees for candidates at Weill Medical College of Cornell University and New York Medical College. My peer-reviewed publications include 7 book chapters, 72 research articles and 92 scientific abstracts presented at national meetings. I continue to peer-review articles submitted to the American Journal of Clinical Nutrition, Journal of Nutrition, Nutrition and Cancer Prevention, Analytical Biochemistry and mostly journals devoted to nutritional sciences. I am an active member of The American Institute of Nutrition, The American Federation for Clinical Research, and The American Society for Clinical Nutrition. Outside academia, I serve on the Norwalk Harbor Management Commission and the Mayor’s Water Quality Committee in Norwalk, CT. On a state level, I am Vice President of the Connecticut Harbor Management Association, a statewide organization of municipal harbor management commissions. As a second-degree black belt in the United States Soo Bahk Do Moo Duk Kwan Federation, I teach this traditional Korean martial art to children and adults at our local YMCA.

(Continued on page 11)
Pamela Rothpletz-Puglia, EdD, RD - Adjunct Assistant Professor. Since I am now adjunct faculty at TC (as opposed to being a doctoral student at TC), I have been asked to describe my professional activity for the past year in 300 words or less. For some reason the request to be succinct seems like most endeavors that we speed through. This year has been no different. One would think that since completing my doctoral studies a year ago that my life would be less hectic, my husband and young children certainly thought life would be easy street. Not so, sorry to say. But, being busy also means I have been productive. This year, in my primary professional role at the François-Xavier Bagnoud Center at the University of Medicine & Dentistry of New Jersey, in addition to providing nutrition care to children living with HIV, as I have for over a decade, I am conducting a qualitative research project. This research project, sponsored by the US Health Resources and Services Bureau, involves focus groups and interviews with clinicians and patients at six medical centers in the US. We are trying to find ways to improve Gyn services and Pap screening for women living with HIV infection. My other research hat involves my faculty position within the School of Health Related Professions at the University of Medicine & Dentistry of New Jersey, where this Spring I co-taught a research methods course and mentor student research. In addition, this summer I am teaching Diet Therapy at TC, and Pediatric Nutrition at UMDNJ in the Fall. My other noteworthy professional activity includes participating in the Pediatric ARV Guidelines Working Group, presenting at the XIVth International Congress for Dietetics, and presenting at the International Conference for Women and Children Infected with HIV in Rio de Janeiro, Brazil. To Dr. Contento’s dismay, I have not published the findings from my dissertation research yet. I look forward to the summer sessions at TC and offer my condolences to anyone brave enough to enroll in Diet Therapy. Just kidding! The course is not too overwhelming.

Lora A Sporny, EdD, RD – Adjunct Associate Professor. I continue to enjoy teaching and advising students at TC. During the academic year I also teach three courses for the University of Connecticut and conduct a lecture series for NYU’s Graduate School of Journalism. From September 2004 through April 2005, I was in Israel. I taught a course titled "Nutrition for Aging and the Aged" to master's candidates within the Nutritional Sciences Department of Hebrew University of Jerusalem and to senior undergraduate students within the Nutrition Department of Tel-Hai Academic College. I also had the opportunity of providing continuing education to practicing dietitians. With great pleasure, I accepted an invitation to return to Hebrew University next March. I will teach an intensive 4-week course to master's students in a new International Nutrition Program. The program is designed for international students who wish to complete a master's degree in 12 months of intensive study. My plan for the upcoming years is to spend spring semesters abroad. I would like to learn more about nutrition training in other universities and to introduce foreign faculty and students to the Nutrition Program at Teachers College. Future collaboration between faculty and students is the ultimate goal.

Randi L. Wolf, PhD, MPH - Associate Professor of Human Nutrition on the Ella McCollum Vahlteich Endowment. It has been a busy and wonderful year. This past year I served as the Acting Coordinator for the Program in Nutrition. It was my greatest pleasure to take on this role so that Dr. Contento could take a much needed (and long overdue!) sabbatical in order to write her textbook. I’ve truly enjoyed each day of the journey. A special thanks to Lora Sporny, Christina Costa, Pam Koch, Cynthia Green — and Isobel Contento herself — for all your help throughout the year. I also taught courses (Nutritional Epidemiology, Analysis of Research and Current Literature in Nutrition, and the Research Seminars in Nutrition), authored two manuscripts (both are ‘in press’), and coauthored another four. I was also actively involved in the start-up of two large NIH-funded studies. The first study (PI: SJ Lepore) evaluates the efficacy of tailored telephone education to promote informed decision making about prostate cancer screening. In this study, the attention-only control group receives telephone education about diet. For me, this is a unique opportunity to collect data on whether or not a telephone education intervention can promote the new fruit and vegetable guidelines in men to eat at least 9 servings per day. The main outcomes will be whether or not we can increase fruit and vegetable consumption, as well as knowledge about the guidelines, beliefs about potential health benefits, and the importance of eating color and variety. The second NIH study (PI: CE Basch) promotes diabetic retinopathy screening in over 1200 men and women with diabetes. Although the focus of the grant is not directly nutrition-related, I am incorporating measures to collect descriptive data related to knowledge and beliefs about diet and diabetes from patients, as well as their primary care doctors. Both studies will help us learn more about the best ways to promote national dietary recommendations in urban minority subgroups. Activities this past year also included my continued work on the IRB committee at Teachers College, serving as Faculty Editor for The Grapevine, and the Coordinator for the Nutrition Book Club.
unproven health claims. Little is known of the chemical composition, active ingredients, or mechanism of action for most dietary supplements, and only a few have undergone controlled clinical testing. Supplement ingredients and plant components in supplements may be toxic based on their activity within the body and should not be substituted for a prescription medicine/therapy or a healthy varied diet.

On April 15, 2005 the New York Times highlighted supplement use in the Utah Court decision, which overturned the FDA’s ban on dietary supplements containing Ephedra Alkaloids. Even though the ban on Ephedra has been lifted, major professional sports associations (e.g. NFL, MLB, Nascar) will continue to keep Ephedra on their banned substances list.

**The Take Home Message**

As nutritionists we need to make dietary recommendations based on scientific information to help people interpret product claims and identify practical and personal choices for improving nutrition. This will empower people to make informed choices about dietary supplements before use.

**References**


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**From the Student Mentor Program**

Dear TC Nutrition Students,

Since I will be graduating this October, I am passing on my Student Mentor Program Coordinator responsibilities to a new director, Christina Riley. I am positive Christina will be a fantastic coordinator for the 2005-2006 school year!! I thoroughly enjoyed my time as the coordinator and hope to interact with you all again in the near future. My email address will remain the same (ericabrilhart@hotmail.com), so you can continue to contact me at this address if needed. I wish you all the best of luck.

Sincerely,

*Er Erica Brilhart*

Hello TC students and alumni!

I will be serving as the mentor program coordinator for the upcoming school year. I look forward to working with all of you to ensure the best experience for our new students as well as maintaining ties with our nutrition program alumni to use their invaluable knowledge and experience as a resource for current students. In order to achieve this, we need a little help from all of you. We could still use volunteers from our current TC student population to serve as mentors for our incoming students to welcome them to the community and give advice and assistance where needed. For the alumni of the program, we would love to have your help to build a database of nutrition alumni that students can contact with questions about opportunities in the field. If you are interested in helping out in either of these facets, please contact me via e-mail (cdr2106@columbia.edu) or phone (217-621-3389).

Thanks!

*Christina Riley*
While most of the nutrition students at Teachers College have achieved great things, it is hard to match the many accomplishments of Julie Upton. A nationally recognized journalist, Julie has written over 500 articles for national newspapers and magazine including The New York Times, Redbook, Prevention, Shape, Fitness, Rolling Stone, US Weekly, Woman’s Day and Parents. As a New York City media spokesperson for the American Dietetic Association, she is interviewed and quoted in over 200 articles annually, has appeared on the NBC Today Show, CBS Evening News and ABC World News Tonight, and is a frequent guest on CNN, WABC and Fox. Rather impressive after working only 15 years in the field of nutrition!

Originally from the small town of Ludington, Michigan, Julie received her undergraduate degree in Nutrition and Dietetics from Michigan State University and a Master of Science degree from Boston University in Nutrition Communications. She completed her dietetic internship at Harvard Medical School. Currently, she is at TC working on her Doctor of Education degree in Nutrition and Public Health and considers New York City her home. She decided to pursue her doctorate degree here at TC because she was drawn to the many educational opportunities that are available, and the access to Columbia’s School of Journalism.

In addition to taking classes, Julie is currently working as a freelance journalist and public relations professional for the food industry, which includes Kraft, Unilever, Kellogg’s, and General Mills among others. She helps design corporate communications strategies and tactics around nutritional issues. Because of her hectic work schedule, she can only take two courses each semester. Graduation seems distant to her, but once she has graduated Julie aspires to be the guru on how print media covers nutrition.

In her spare time, Julie loves to stay active. She runs a professional women’s cycling and triathlon team named Team Lipton, competes in bike races and triathlons, and has run many marathons. She has completed many events, such as the Swim Around Manhattan Island, the New York City Marathon, the Boston Marathon, and the Hawaii Ironman World Championships. Julie is married to professional cyclist and coach, Craig Upton.

Looking for a Good Book?

Look online to learn why these picks are our professors’ favorites.

- The Haj and Mila 18, both by Leon Uris – Recommended by Lora Sporny
- Matrimonial Purposes by Kavita Dawani; I Don't Know How She Does It - The Life of Kate Reddy, Working Mother by Allison Pearson – Recommended by Christina Costa
- The Rice Mother by Rani Manike – Recommended by Pamela Rothpletz-Puglia
- The Kite Runner by Khaled Hosseini– Recommended by Toni Liquori
Alumni Spotlight: Barbara Storper, M.S., R.D.

For over 20 years, Barbara Storper has been transforming the nutrition knowledge, attitudes and behaviors of children across the country by combining theater and nutrition in an exciting, motivational program she created following her graduation from Teachers College. She is the Executive Director and founder of FoodPlay Productions, a Massachusetts-based nutrition and health theatre and video organization that has reached over two million children.

Before her life as a self-proclaimed health nut, Ms. Storper earned her undergraduate degree in Journalism from the University of Michigan in 1976 and subsequently worked for a public interest group in Washington, D.C. After a transformational week at a spa, she gave up smoking and junk food to pursue healthier choices. She quit her job, joined a food coop, worked at an entry-level job at the Center for Science in the Public Interest (CSPI) and watched her mother cope with cancer before she found her way to TC.

She looks back fondly at her time at TC, and holds a special place in heart for professors Joan Gussow and Toni Liquori. She worked with Toni Liquori on the Nutrition Education Resource Project (NERP), which led to The Nutrition Discovery Room and its later and current form as Earth Friends. She remembers Joan Gussow best for her passion and feels she should be present in the board-rooms of most major corporations reminding them to ask the right questions to get the right answers.

During her one of her dietetic internship rotations with the NYC Board of Education Ms. Storper first began to use theatre to make nutrition education fun for an inner city school in Brooklyn. That first show in 1982 was the foundation for FoodPlay, through which she works various organizations including: school districts, museums, county health departments, and Food Stamp Outreach among others. The hardest part of her job is running a demanding organization and being creative. On a larger level in the dietetic profession, she is frustrated with the debate of whether all foods fit in a balanced diet. She thinks nutritionists should take a stand against junk food advertising to children and against corporate food sector infiltration into the profession in general.

Her advice to current students: Go after what you really want, and don’t let anyone dissuade you. Delegation is the key for an organization to work. Continue to ask the big questions, make the connections, and stand up for Mother Nature.

Some of her many previous jobs include: Research Director for a D.C. public interest group, The National Suggestion Box; Janitor, CSPI; Media Spokesperson, MA Nutrition Resource Center. Ms. Storper is currently working as Conference Presenter & Workshop Trainer for “How to Turn Kids On to Healthy Habits” and designing a series of kid’s food and nutrition books and kits featuring “Janey Junkfood” and “Tobe Fit, Ace Food Detective,” as well as a FoodPlay website for kids.

Barbara Storper loves working with interns and encourages TC students to contact her at Barbara@foodplay.com for exciting internship projects.

For more about Barbara Storper, visit The Grapevine Online at www.tc.columbia.edu/grapevine

Congratulations to Randi Wolf was married to ____ on July __, 2005.

We wish you all the best for a wonderful life together!
On the Internship Front
By Sari Schlussel-Leeds

Besides the “on the job” training the dietetic internship provides, getting a sense of where I fit in best is the aspect of the internship that has proven to be the most valuable for me. I’ve been able to explore a variety of areas of practice before entering the field as a professional. Before I began the internship, I believed I wanted to work in a hospital, and I was sure that I didn’t want to work in a nursing home. To my surprise, my placements at Lawrence Hospital and the Hebrew Home for the Aged completely reversed my ideas.

While Lawrence Hospital was a terrific clinical learning experience, I found myself frustrated with counseling patients who are in the hospital one day and out the next. These patients were often not as receptive to hearing about their diets as I would have liked; the dietitian was the last person they were interested in seeing. I was able to find some success by engaging my patients in conversation about their family and then to sneak in my nutritional messages.

In contrast, my experience at the Hebrew Home was much better than I had expected. Because the patients reside there, they are very comfortable in their surroundings and more relaxed and receptive to nutritional counseling. Many residents regularly call the dietitian over for a chat about their diet. The dietitian gets to know each of the residents and can converse with them on a personal level as well as provide them with specific diet information. This enables the formation of pleasant relationships.

For one of my community rotations, I worked at Student Life at Teachers College, where I focused on putting together a website for TC students. You can visit the website at www.tc.edu/stlife (click on Nutrition 101). This community module rotation gave me the opportunity to interact with students and professionals from other departments. It was interesting to get to know some of the inner-workings of Student Activities and Programs.

My latest rotation was at New York Presbyterian-Cornell Psychiatric Hospital. This in-patient facility houses patients from ages four to 90+ with varying psychiatric issues including eating disorders. It was quite eye opening, yet the experience shared many of the same limitations I felt at Lawrence Hospital. The difference was in the issues: here they dealt with mental, not physical, health.

Each of my rotations has taught me a lot about our field and has better prepared me to be a nutrition professional. As I finish up the internship program, I am looking forward to that first paycheck!

Important Dates to Remember

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The Grapevine Asks… How Do You Exercise??

I walk 4-6 miles (15 minutes/mile) 5-6 days a week and weight train 2 times a week. Sometimes I substitute Pilates for one of the workouts with weights. As I have gotten older I have really found the need to do the upper body weights especially as I noticed a weakness developing in the last 5 years or so. That workout has made a big difference in my upper body strength.

-- Sari Schlussel-Leeds, Nutrition & Education

I run. I have found that it works for me. It's fast, it's cheap and it's convenient. No need to travel to another place to begin the workout. I find that it is the place where I do my best thinking, too. I'm also interested in finding something that I can do forever and yoga is supposed to be good for stretching and back discomfort. I guess I'll find out.

-- Alison Lowy, Nutrition & Education

After running exclusively for almost 30 years, I began triathlon training last year. Now I combine running with swimming and cycling. This spring, I treated myself to a new bike. I spend about 8 hours a week in these activities.

-- Karen Dolins, EdD, RD, Adjunct Asst. Professor

I have been distance runner for ten years and will run the Greece marathon this year. Running became my sport when my body started to change, becoming the daily accomplishment that made me believe in myself. I am on the boxing team at Columbia and have taken great pride in being the tallest girl on the team.

-- Jill Pakulski, Nutrition & Education

I go to the gym for 45 minutes of hard cardio or 30 minutes of weight training. Alternatively, I'll put my son in my jogging stroller and run through a really nice neighborhood nearby for 40 minutes. I always end any workout with some basic stretches and a hot shower—my favorite parts about exercise.

-- Chris Cooper, Nutrition & Education

I exercise by doing activities that I enjoy, like rollerblading, dancing, and playing tennis. This way, rather than dreading exercise, I look forward to it!

-- Rachel Blumenthal, Nutrition & Education

Body movement is beautiful to me, and that beauty is fleeting. My primary goal in any of my favorite activities is to enjoy myself, especially while I still have the ability to combine movement, creativity, and athleticism. Some of my favorites: tap dance, swing dancing, playing catch and leaping through the living room.

-- Maggie Moon, Nutrition Education
Restaurant Review: The PUMP Energy Food
By Judith Belasco

Recharge, replenish, and refuel at PUMP, the place for energetic meals and snacks. With four locations in Manhattan, PUMP is primarily a fast food, take-out restaurant that prepares fresh, nutritious food. Their grand motto proclaims “food that tastes great, feels great, and makes you look great.” I was ready to be transformed.

I started by ordering the Falafel (Baked, Not Fried!) Salad ($6) which tasted about the same as any of the falafel stands in the city. The consistency of the falafel balls was slightly more cake-like and less greasy than their fried brethren.

For dessert, we decided to share an oatmeal raisin protein wheat-free cookie ($2.50) which was billed as a fat-free sweet treat. This spongy, chewy cookie was able to fold in ways I aspire to reach during yoga class. Lacking butter, oil, sugar or salt, this cookie invoked neither feelings of guilt nor satisfaction.

There are also a wide selection of fruit shakes available, but beware: taste may be secondary to the health benefits. The Source of Life shake ($3.50) had soy protein, vitamin C, spirulina, and other vitamins and minerals but its unnatural taste made it seem like it was birthed in a chemical plant (it had an artificially sweet flavor and slight crunch).

The PUMP I visited was wisely located near fitness clubs, with both NYSC and Crunch within a block. For ambiance, there are autographed photographs of gold medalists and professional body builders staring down at diners. Personally, they made me feel guilty that I hadn’t been to the gym. Overall, PUMP makes it easy to find a quick, reasonably priced, nutritious meal. For the health conscious, no diet could be ruined by a visit.

The PUMP Energy Food
112 West 38th Street
212-764-2100
Hours:
Mon – Thurs 7:30 a.m. – 8:30 p.m.
Fri 7:30 a.m. – 7:00 p.m.
Saturday & Sunday 11:30 a.m. – 5:30 p.m.
Visit www.thepumpenergyfood.com for specific locations and more.

Fresh Off The Vine
By Rachel Blumenthal

- Parks1 is NYC’s own park advocates, and they are building up a lot of buzz leading up to the September primaries. Among other things, clean, safe, accessible public parks help kids and adults alike get active and physically fit. Send the message to our elected officials that you care about parks by signing The Plea for Parks. A little piece of democracy in action and The Plea is online at www.parks1.org/action/plea. The deadline to sign is early September. Learn more about NYC parks at Parks1.org.

- Physicians Committee for Responsible Medicine, a Washington, DC based nonprofit filed suit on June 28, 2005 against the dairy industry, accusing it of false advertising in its $200 million campaign that ties dairy product consumption to weight loss. The only named plaintiff in the class-action suit, Catherine Holmes, of Arlington, VA, said in a press conference that she gained “a few pounds” when she followed the industry’s suggested guidelines.

- Woodbury County, Iowa has become the first to offer tax incentives to farmers who switch from conventional production to organic after a vote held on June 28. The action will grant $50,000 a year for five years to those who make the conversion.

- A new study now confirms that nutrition education programs can lead children to adopt better dietary habits. Scientists at the National Heart, Lung, and Blood Institute looked at the long-term eating habits of children ages 8-10 who took part in nutrition programs aimed at changing behaviors. After three years, those children were still making better food choices than other kids. The report is available at http://pediatrics.aappublications.org/cgi/reprint/115/6/1723.pdf
Alumni Notes

2005

Jennifer M. Ignacio, MS, RD, CDN (Applied Physiology and Nutrition) is a Nutrition Specialist for Flik Independent Schools by Chartwells, a food service provider specializing in services for the independent school community. As the corporate nutrition specialist, she reviews menus, consults on disordered eating habits, provides nutrition education to students, parents, faculty and staff. She also coordinates dietetic interns placed in schools for community and food service rotations. fitnessfood@rcn.com (personal), Jennifer.Ignacio@compass-usa.com (work); http://www.eatlearnlive.com (web)

Kristin Reisinger, MS, RD, ISSN-BCC, ACE (Applied Physiology and Nutrition) is self-employed as a sports dietitian, fitness trainer, and freelance writer. She is also Secretary of ISSN (International Society of Sports Nutrition). www.kristinreisinger.com, www.theissn.org, Kristin@kristinreisinger.com

2003

Jennifer Black, MS, RD (Nutrition and Public Health) was a community nutritionist before starting her doctoral studies at NYU in the department of Nutrition, Food Studies and Public Health where she has begun work on a dissertation focused on nutrition and urban health. She also works with NYU's dietetic internship director, doing some teaching and administrative work for Master’s students and dietetic interns. j.black@nyu.edu

Kathleen O’Herron, MS, RD (Nutrition and Public Health) works as a registered dietitian at St. Joseph’s Hospital, where she does inpatient assessment and education, outpatient nutrition counseling and community nutrition projects. She also works part time at an investment advisory firm as the Director of Employee Wellness. kmoherron@yahoo.com

Julene Stassou, MS, RD (Nutrition and Education) has a private practice where she counsels clients on all aspects of nutrition, from eating disorders to food allergies. She also works at CSFB, where she gives lectures on nutrition topics for employees. Julene3@aol.com

Jennifer Vimbor, MS, RD, CDN (Nutrition and Education) works at St. Vincent’s Hospital in Manhattan, where she performs assessments, provides nutrition education, and calculates nutrition support needs. She also has a private practice where she counsels clients on all issues related to nutrition. NYCnutritionist@verizon.net

Liza B. Resurreccion, MS, RD, LDN, CNSD (Nutrition and Education) works as a Clinical Nutrition Manager for Sodexo Health Care Services where she manages the clinical nutrition operations at Nazareth Hospital in Philadelphia. She also supervises ten clinical and ancillary employees in the Nutrition Services Department, monitors the performance of three RDs and two Diet Technicians for regulatory compliance and clinical effectiveness, provides nutrition support in the medical/surgical intensive care unit. She also works as a Diabetes Educator at Philadelphia area hospitals, Weight Control Specialist in a Drexel University study, and 1st Lieutenant/Dietician for the U.S. Army Reserve Medical Specialist Corps. Cherub397@hotmail.com

(Continued on page 19)
Stefanie B. Sacks, MS (Nutrition and Education) is a professional chef and has a private practice as a culinary nutritionist. She is affiliated with NYC Beth Israel Continuum Center for Health and Healing, Mind Body New York, Eleven Eleven Wellness Center, and many other New York doctors practicing integrative medicine. She teaches in the nutrition department at Columbia University. sbs@stefaniesacks.com.

Roseline Jan, MS, RD (Nutrition and Education) recently moved to Edison, NJ and is currently seeking a job in nutrition. rjan85@yahoo.com

2002

Emily Bergeron, MS, RD (Nutrition and Public Health) is currently a PhD student and Research Assistant at the Friedman School of Nutrition Science and Policy, Tufts University. She serves as Editor of Balance, the monthly health section of the Tufts Daily, and also works as a freelance science writer. Her research interests include predictors of osteoporosis, bone health, and bone quality. She was married to Captain Andrew Farina on July 23, 2005. Emily.bergeron@tufts.edu

Lauren Weiss, EdM (Nutrition and Education) is a PhD student in epidemiology at the University of California at San Diego. Her background includes a Master of Science in Nutritional Biochemistry. She recently published a paper in the April issue of AJCN on fatty acids and bone density. lbweiss@ucsd.edu

2001

Jamie Elizabeth Rose (Rinaldi), MS, RD (Applied Physiology and Nutrition) works as a clinical dietician and nutritionist at Care One at Valley, a long-term care and rehab facility; and at Bergen Community Healthcare, a home health care agency. Her responsibilities include nutritional assessment, care planning, diet/nutrition education, wound management, weight management, and more. She reports that her work at Care One is very often interdisciplinary. She has a private practice named Lifestyle Nutrition. JamieMSRD@aol.com

2000

Elisa Bremner, MS, RD (Nutrition and Education) is a full-time housewife and mother. She is looking to begin working in nutrition in fall 2005. elisa_nutrition@yahoo.com

1999

Maria Sorbara, MS, RD (Applied Physiology and Nutrition) owns Body Connection, LLC where she specializes in behavioral nutritional therapy for patients with eating disorders (including athletes). She is a consultant for Columbia University. MCSRD@hotmail.com

Felicia D. Stoler, MS, RD, DCN, AAAI, ACSM, AHA (Applied Physiology and Nutrition) works as a nutritional consultant and an adjunct professor of nutrition and health. She is president (and former media representative) for the NJ Dietetic Association, Treasurer of the Greater NY Chapter of American College of Sports Medicine, Nutrition Coordinator for the NYRR and ING NYC Marathon, Member of the NJ Governor's Council on Physical Fitness & Sports, and Chairwoman of the Marlboro Township Health & Fitness Committee. Look for a more in-depth look at Ms. Stoler in next issue's alumni spotlight. fstoler@att.net

(Continued on page 20)
(Continued from page 19)

1992

Andrea Klausner, MS, RD, CDN (Nutrition and Education) writes, researches, and edits articles as Associate Editor of the U.C. Berkeley Wellness Letter, a national newsletter of nutrition, fitness, and self-care. abklau-ser@earthlink.net

1991

Angela T. Amendola, MS, RD, CDE, PA-C (Applied Physiology and Nutrition) works for NYU School of Medicine as a Study Coordinator. She provides primary care, nutrition counseling to study participants diagnosed with DM, HTN, Dyslipidemia and CAD. Angamen64@aol.com

Lynn Potthast Canaan, MS, RD (Nutrition and Education) is not currently working. lynncanaan@optonline.net

1990

Stephanie (Taylor) Song, MS, RD, CDE, CDN (Applied Physiology and Nutrition) is the vice president/nutritionist of Omni Health Professionals, LLC, a weight control program, where she works with her husband, a physician. Her many tasks include weight loss counseling in individual and group settings, patient education, and general office duties. She is proud to announce her son Eric is now 15 months old and will be a big brother at the end of December! stephitay@hotmail.com

Denese Ramadar, MS, RD (Applied Physiology and Nutrition) is a renal nutritionist at Pharmaceutical Consultants, Inc., an infusion company which provides IDPN and IPN services to dialysis centers. She is also the Chairperson Council on Renal Nutrition of Greater New York. ramadard@hotmail.com

1986

Sharon Stewart, MS, RD (Applied Physiology and Nutrition) has a private practice as a nutrition consultant. She also writes monthly nutrition articles for a local health club, and is a contributing author for a weight loss book to be published in fall 2005 called the California Wine Country Diet. She lives in northern California with her two children. Alpha0172@adelphia.net

1985

Lauren Thomas, MS, RD (Applied Physiology and Nutrition) is Public Health Educator for the National Naval Medical Center. She coordinates health promotion programs for active duty members, dependents and civilian hospital staff. She works with primary care providers to provide obesity prevention or treatment programs. She competes in dressage with a 13 year old Swedish warmblood. She also teaches riding lessons. Lauren1@aol.com

1972, 1994

Julie Andico Songco, MS, EdM, RD, Cert. Gerontology (Nutrition and Education) is Administrator, Program Director, and Instructor at JAS Dietetic Assistant School, Inc. She coordinates daily school activities, assures state and local compliance with existing regulations for licensure and credentialing standards. Cherie53@aol.com
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:

1. Your Name
2. Program of Study
3. News brief title
4. Summary of your idea in 4-5 sentences
5. Correspondence information: E-mail address, phone number, and current mailing address

Send your ideas via E-mail to: grapevine@columbia.edu.
Recipes
What could be better than cookies? Healthy cookies! Try some of these for a sweet and guilt-free snack.

Healthy Banana Cookies

**Ingredients**
3 ripe bananas  
2 cups rolled oats  
1 cup dates, pitted and chopped (you can use raisins too)  
1/3 cup vegetable oil  
1 teaspoon vanilla extract

**Instructions**
Preheat the oven to 350 degrees F. In a large bowl, mash the bananas. Stir in oats, dates, oil, and vanilla. Mix well, and allow to sit for 15 minutes. Drop by teaspoonfuls onto an ungreased cookie sheet. Bake for 20 minutes in the preheated oven, or until lightly brown.

**Yields**
3 dozen cookies

Allrecipes  
www.allrecipes.com

Vegan No-Bake Chocolate Oatmeal Cookies

**Ingredients**
1/2 cup margarine  
1/2 cup soy milk  
2 cups sugar  
1/2 cup cocoa powder  
2 1/2 cups oats

**Instructions**
Put the first four ingredients in a saucepan and bring to a boil, stirring often. Boil 5 minutes. Remove from heat and stir in oats. Form into small balls and drop onto wax paper. Let cool and serve.

**Yields**
20-30 servings

Recipe-zaar  
www.recipezaar.com
Peanut Butter Cookies

Ingredients
2/3 c. packed brown sugar
1/2 c. peanut butter, chunky or plain
2 tbsp. cooking oil
1 slightly beaten egg white
1/2 c. whole wheat flour
1/4 tsp. baking soda
1 c. multigrain cereal (Wheaties or Total)

Instructions
In a mixing bowl stir together the brown sugar, peanut butter and cooking oil until smooth. Stir in the egg white. In a small bowl combine the whole wheat flour and soda. Stir flour mixture into peanut butter mixture, stir in cereal. Drop dough by heaping teaspoonfuls onto an ungreased baking sheet. Compact the dough balls lightly and flatten slightly. Bake at 375 degrees for 8 to 10 minutes and cool completely.

Yields
18 cookies

www.cooks.com

Sugarless Heart Cookies

Ingredients
3/4 cup margarine, softened
1 package (0.3 ounces) mixed fruit sugar-free gelatin
Egg substitute equivalent to 1 egg
1 teaspoon vanilla extract
1 3/4 cups all purpose flour
1/2 teaspoon baking powder

Instructions
In a mixing bowl, cream together the margarine and gelatin. Beat in the egg substitute and vanilla. Mix together the flour and baking powder and add to the egg mixture, mixing well. Chill for 1 hour.

Preheat your oven to 400. Roll the dough mixture out on a lightly floured surface to 1/4 inch thickness. Cut out cookies with heart-shaped cookie cutters (or any shape you desire). Place the cookies on an ungreased baking sheet and bake for 6 to 7 minutes or until the bottoms are lightly browned and the cookies are set. Cool on wire racks.

Yields
6 dozen

www.allhomemadecookies.com