

THE GRAPEVINE

Teachers College, Columbia University



THE GRAPEVINE

PROGRAM IN NUTRITION

WINTER 2016



In this issue...

Letter From the Editor

Page 2

Fresh Off the Vine

Page 3

Winter Fit

Page 4

Faculty in the Media

Page 4

Alumni Profile:

Jill Jayne of Jump with Jill

Page 5

Lunch At Desko

Page 7

Why Exercise?

Finding Motivation

Page 8

The DI Experience

Page 9

The New Dietary Guidelines

Page 10

Book Talk: The Edible City

Page 11

Winter Recipes

Page 12

In Defense of Food:

The New York City Premiere

by Tyffanie Ammeter

On November 30, 2015, the NYU Skirball Center for the Performing Arts filled with hundreds of individuals interested in food and nutrition to watch the premiere of *In Defense of Food*. The film is based on Michael Pollan's book, which carries the same name, and centers on his seven-word credo: "Eat food. Not too much. Mostly plants." The event began with a welcome from Krishnendu Ray, the chair of the Department of Nutrition, Food Studies, and Public Health at NYU Steinhardt. After thanking the individuals involved with planning the premiere event and introducing the evening's special guests, the lights dimmed and

attendees dove into a 78-minute version of the two-hour film. After the screening, author Michael Pollan, director Michael Schwarz, writer Ed Gray, and NYU Steinhart professor and food advocate Marion Nestle took the stage for a panel discussion. Mr. Ray, as the moderator, kicked off the discussion with a couple of his own questions and then allowed audience members to interact with the panelists.

The film itself covers a wide array of topics, such as sugar consumption, omega-3s, the Western diet, nutritionism, how the current food system came

continued on pg 3

LETTER FROM THE EDITOR

Dear Students, Faculty, Alumni, and Staff,

Happy New Year! Welcome back for the spring semester. We hope everyone enjoyed the holiday season and the winter break.

To start the semester and this issue off Tyffanie Ammeter tells those of us who couldn't make it all about the premiere of Michael Pollan's *In Defense of Food*, a documentary based on his best-selling book. Emily Braaten gives us the scoop on interesting and unique ways to work out in the city (think early morning dance parties) (page 4). Also on page 4, check out the TC faculty media presence over the past few months. Next we have an interview with alumnus Jill Jayne, creator of Jump with Jill, who created a niche in the nutrition world by combining her love of music with her love of nutrition (page 5). TC dietetic intern Casey Luber shares with us her tips for packing lunches to take along to work or school (page 7). If Emily's article doesn't have you up and out of bed for an early morning dance party, perhaps Jen Cadenhead and Betty Tao's interviews of fellow students will help you find your fitness motivation for the New Year (page 8). Next, Sandeep Dhillon provides great insight into the world of the dietetic internship (page 9). We also have a piece briefly summing up the newly released USDA 2015-2015 Dietary Guidelines and how they have been received by the nutrition world (page 10). Ian Ang tells us about Indira Naidoo's book talk and signing hosted by TC, in which Naidoo discussed her books *The Edible City* and *The Edible Balcony* (page 11). If you're hungry after reading all that, check out our winter recipes: Lela Swartz's beautiful and delicious farro with seasonal produce and goat cheese, and a sun-dried tomato dip perfect for a Super Bowl party (page 12).

For information about upcoming events and links to interesting nutrition-related articles, follow us on Facebook at [facebook.com/TheGrapevineTeachersCollege](https://www.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. Thanks to all of the students who volunteered to write for this issue!

Enjoy the issue!

Julie O'Shea
Editor-In-Chief
Master's Candidate, Nutrition Education
[facebook.com/TheGrapevineTeachersCollege](https://www.facebook.com/TheGrapevineTeachersCollege)

Editor

Julie O'Shea
Nutrition Education

Faculty Advisors

Isobel R. Contento

Randi L. Wolf

Contributing Writers

Tyffanie Ammeter
Nutrition & Exercise
Physiology

Ian Ang
Doctoral Student,
Behavioral Nutrition

Emily Braaten
Nutrition & Public Health

Jen Cadenhead
Nutrition & Public Policy

Sandeep Dhillon
Nutrition & Public Policy

Casey Luber
Nutrition & Public Health

Lela Swartz
Nutrition & Education

Betty Tao
Nutrition & Public Health



Fresh Off the Vine: Events and Announcements

- Save the date for the 2016 Just Food Conference, hosted in partnership with the Laurie M. Tisch Center for Food, Education & Policy, on March 13 at Teachers College (<https://jfc2016.topi.com/register>). The annual Just Food Conference brings together over 700 organizers, community leaders, CSA members, local food advocates, urban and rural farmers, food professionals, entrepreneurs, and members of the press to participate in a full day of trainings, panels, policy discussions, and good food. Just Food's Conference programming covers national farm and food policy issues, approaches to urban agriculture, culinary and food preservation techniques, and strategies to mobilize communities in order to increase access to fresh, locally grown food. To volunteer, sign up at https://docs.google.com/forms/d/1VU3dXBChzQ_mokk1NO3NkTsvIn-64oMwb9VQxnaLYzo/viewform.
- March is National Nutrition Month, created by the Academy of Nutrition and Dietetics. The theme this year is "Savor the flavor of eating right": <http://www.nationalnutritionmonth.org/nnm/>
- 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/>



Left: Group shot from the holiday wine and cheese party hosted by the TC Health Nuts

Right: Dr. Isobel Contento with the newly published third edition of her book (see Faculty in the Media, page 4)



IN DEFENSE OF FOOD (CONTINUED FROM COVER)

about, and eating more like the French, and it does so in a clear and understandable manner. Suitable for all ages and levels of education, this film is geared to the general public. In fact, Mr. Schwarz said that one of his largest struggles in making the film was ensuring that it was entertaining while still remaining loyal to the book. Those within the food and nutrition industries may be familiar with several of the issues presented in the film, but they will still take away important lessons about today's food environment and what we all can do about it. *In Defense of Food* aired nationwide on PBS on December 30, 2015.

Over 24 current and previous students from the Teachers College Program in Nutrition attended the event, in addition to four faculty members. TC's very own Dr. Joan Dye Gussow was a special guest, and Mr. Pollan credited to her the first part of his credo, "eat food." The Laurie M. Tisch Center for Food, Education & Policy received a couple of shout-outs from the panelists for the 10-week nutrition education curriculum that they developed to go along with the film. With the curriculum, students prepare delicious recipes, create performance poetry, and participate in peer-to-peer learning to investigate the question, "What should I eat to be healthy?" As they progress through the 10 lessons, they discover what Michael Pollan means by his now famous seven word answer: "Eat food. Not too much. Mostly plants." These after-school lessons are meant for ages 10-14, but can be adapted to suit other audiences as well, and are available on the PBS website at <http://www.pbs.org/food/features/in-defense-of-food-resources/>.

At the end of the event, several TC students in the master's program were thrilled to capture the moment with Mr. Pollan and Dr. Gussow. Pictured (on cover) from left to right are Jenny Senecal, Peter Adintori, Emily Ellis, Deborah Olarte, Joan Dye Gussow, Michael Pollan, Claire Haft, Mike Gelman (not a TC student), Erin Kratzer, Tyffanie Ammeter, and Jessica Laifer.

Some would have you believe that winter in the city is not the time to get out and exercise. I'm not one of those people. I'm hurtling the holiday slump and bringing back a report of the most interesting (free) workouts in New York.

November Project

If you feed off of other people's enthusiasm, this group is for you. November Project members descend on 86th Street and the East River every Wednesday at 5:28 a.m. and 6:28 a.m. to push each other through a group workout. As a bonus, they also meet Friday mornings at changing locations. Each meet-up generally involves circuits that incorporate running and strengthening movements (e.g., triceps dips, burpees, high knees). The atmosphere is infectious and extremely supportive; you just have to wake early enough to experience it. Look them up at <http://november-project.com/new-york-ny/>.

Athleta Flatiron

Athleta is a brand known for its pricey workout gear, but their new studio offers FREE classes. Located in the Flatiron District, this retail-store-and-studio combo marked its official opening on December 5th, 2015. The complementary classes include yoga, zumba, high-intensity interval training (HIIT), and more. Registering for classes requires signing up on Mind Body Online, but the rest is easy: <http://clients.mindbodyonline.com/classic/home?studioid=264093>

Daybreaker

There's a time to dance... and that time is before work. Daybreaker funnels your energy from a would-be sunrise spin class into an early morning rave. Join hundreds of eager New Yorkers as they dance their way into the workday with the help of an emcee, DJ, live musicians, and performers. An open "bar" is provided, complete with granolas, chia puddings, cold brew coffees, and coconut waters. The locations vary and each event is usually \$15 (but sometimes free!), and whatever the downside in cost they make up for in ingenuity. Get on their listserv by going to <http://dybrkr.com>.

Columbia Ballet Collaborative (CBC)

In case you need a little more structure to your dancing, CBC offers free Saturday morning classes at Barnard College from 10:30 a.m. – 12 p.m. CBC brings together professional dancers who are also taking Columbia courses. Each open university class is taught by a different CBC member. The first 45 minutes involves bar work and the second half comprises floor exercises and choreography. These are not beginners' classes though; prior ballet experience is necessary. Learn more at <http://www.columbiaballetcollaborative.com/cbc-class.html>.

TC Professor and Executive Director of the Laurie M. Tisch Food Center for Food, Education and Policy Pamela Koch has been busy with the media. Check out the following links.

Pam Koch and NYU's Hans Taparia wrote an op-ed for The New York Times about how Americans are changing their eating habits and food companies are struggling to keep up: http://www.nytimes.com/2015/11/08/opinion/a-seismic-shift-in-how-people-eat.html?_r=1

Pamela Koch was on an NBC Nightly News segment discussing how Big Food is responding to consumers' demand for real food: <http://www.nbcnews.com/nightly-news/video/campbells-chicken-soup-changes-recipe-to-adapt-to-changing-tastes-563872835629>

Pamela Koch shared her thoughts on the complexity of navigating today's food system and the value of hands-on nutrition education at a nutrition panel hosted by the national non-profit Common Threads (recapped by The Huffington Post): http://www.huffingtonpost.com/linda-novick-okeefe/nutrition-panel-tells-all_b_8830806.html

Additionally, this fall Dr. Isobel Contento published the newest edition of her textbook, Nutrition Education: Linking Research, Theory & Practice. The Third Edition provides new and improved resources on designing, implementing, and evaluating theory-based nutrition education. Read more in the Tisch 'Dish' Newsletter: <http://us8.campaign-archive1.com/?u=ebbd27a6417de82e9320e64d&id=e80d325a5f&e=95f533d43d>

Alumni Profile: Jill Jayne, MS, RD, Creator of Jump with Jill

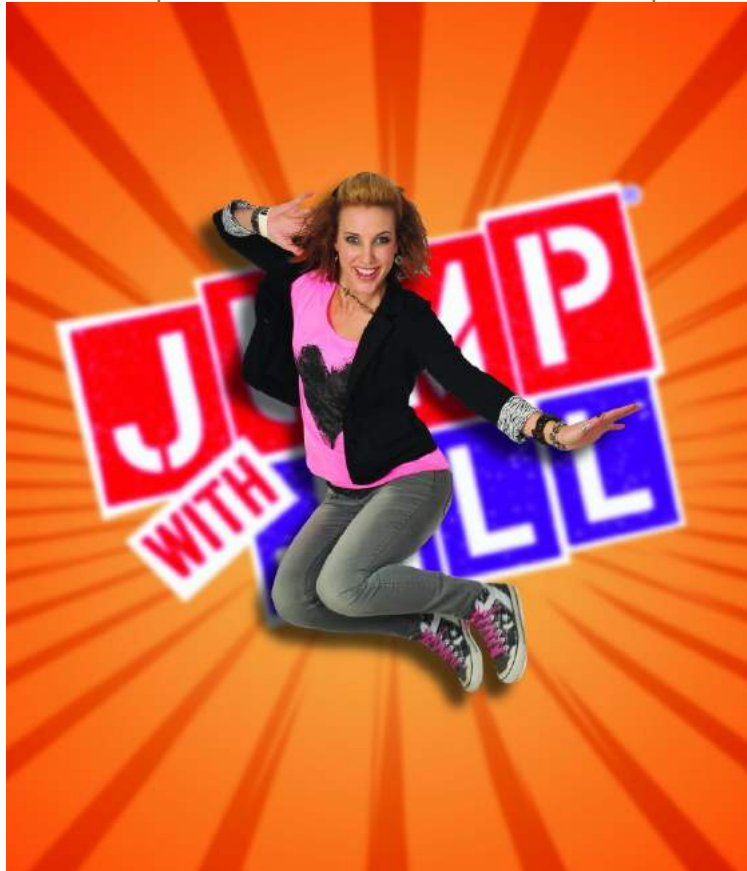
We recently caught up with Teachers College Program in Nutrition alumnus, Jill Jayne, MS, RD. Jill received her master's degree in Nutrition Education in 2007. Read on to get a taste of her unique and inspired career and to take in her valuable words of wisdom.

How did you come to TC and the field of nutrition? Did you always want to combine your interests in music and nutrition?

I wanted to be Patch Adams – a pediatrician with a personality. So I started as a freshman as an English major with all my electives as pre-med courses. As you might expect, there was a lot of conflict when it came to scheduling and I found my way to nutrition by the start of my sophomore year, where the field had a clear direction but a lot of flexibility.

My senior year I got a job at the local PBS station and was a writer and producer on a kids' news show called "What's In the News." It was there I realized that I could be in nutrition media! I moved to NYC straight out of undergraduate so I could

pursue my MS/RD while racking up stage credits to develop my performance resume. NYC is a big hug for kids' entertainment,



so it was a great way to get the lay of the land in terms of what stations, production companies, and big wigs were interested in.

What was your undergraduate degree in?

I earned a BS in Nutritional Sciences with a theater minor and honors in journalism from Penn State.

Can you tell us a bit about what you currently do?

Jump with Jill is a music-based

health program for kids that makes nutrition education rock, offering audiences live concerts, recorded music, and cross-curricular classroom activities. Known as the world's only rock & roll nutrition show, Jump with Jill uses music and dance to celebrate healthy habits by transforming nutrition education into a live concert. To date, the Jump with Jill show has been performed 2,000 times for three quarters of a million kids across the United States, Canada, and Europe. This work has led to an Emmy Award nomination, an invitation to the White House to meet Michelle Obama, a Grammy nomination consideration for Best Children's Album, and performances at NFL

stadiums. National media coverage includes NPR, Sprout, The Washington Post, and Nickelodeon's Parents Connect. Behaviorally-focused and research-proven, the show creates a world where healthy is not just an important thing to do, but the cool thing to do.

How did you get the idea to do that and get started?

Jump with Jill changes the way kids learn about health. Boring

Alumni Profile (*continued*)



What do you like most/least about your work?

The best: I get to use my credentials and talents do to meaningful work. We have a very real impact on kids that you can see from satellites orbiting earth. The worst: hiring and firing people.

Did you have any other jobs after graduating TC before doing what you're doing now?

Jump with Jill was my thesis!

directives on that not to eat is one of the driving forces behind our culture's neglect of what's best for us. The truth is, people know what it takes to be healthy. Even a child can tell you to eat your vegetables and drink more water. But the gap between knowledge and action is widened by the cues to unhealthy behavior that inundate us every day – professional athletes tout fast food in advertisements, vending machines offer our favorite sugar fix, and banner ads encourage us to shed pounds to look like a computer-altered model half our age. Advertisers work very diligently to convert sugar water into a hip, multi-million dollar brand. They target kids to establish lifelong consumers. Today's generation of kids needs to develop brand loyalty to healthy habits. We think it's so important, we even sing and dance about it.

What was the most valuable part of your experience at TC?

Pam Koch took me under her wing and made sure I had the opportunities to succeed.

What is your most memorable TC experience?

Teaching at an after-school program in Harlem, where I pioneered two songs on a 4-track that are still in the Jump with Jill show to this day!

What advice can you offer TC students?

Use your coursework to experiment with your ideas. It's a safe place to fail, and I don't mean the letter! Capitalize on opportunities to incubate your idea to see if it has

legs outside of the classroom.

Anything else you would like to share about yourself?

As a side note, one of my secret agenda items is to elevate the status of the Registered Dietitian. I love being such a public figure who gets to show the world what dynamic and talented people RDs are! I was challenged by many in the entertainment space to quit school and focus on the development of the show. I was insistent that the credential would be essential to my long-term survival as a brand and business, not just to be a hit while childhood obesity was hot. The investment has paid off, but it was a very difficult choice.

Jump with Jill's latest CD, BOOM!, was released this past November. Check it out a video here: <http://www.jumpwithjill.com/boom/>



Lunch At Desko as a Dietetic Intern

by Casey Lubber

As a student I sometimes took for granted my relaxed schedule that allowed me to exercise in the morning, run errands between classes, and prepare many of my own meals at home. I enjoyed having my breakfast in a bowl, coffee in a mug, and taking a break from studying by preparing myself a hot lunch in my apartment. Now, however, the dietetic internship has thrown my schedule for a loop! Never having had a true 9 to 5 job before, I've had to teach myself new tricks and make adjustments to my meals to accommodate the demands of the internship while still remaining filling and nutritious.

In order to avoid falling into the office lunchtime trap of grabbing an oversized deli hero or greasy Chinese food, I made some changes to my meal plan regime that would ensure that I have a balanced and satisfying “lunch al desko” every day. But first, some things to consider that may affect how you pack your lunch:

- Does your site have a refrigerator? In my experience most workplaces will have a fridge where you can store your lunch, but some internship rotations require a lot of traveling throughout the day, so you may want to think of a less-perishable meal.
- When and how long is your lunch break? On my student schedule I tended to have an earlier lunch since classes were at odd times in the afternoon and I wanted to make sure I ate something filling; however, when working, your lunch break could come at any time depending on how busy you are seeing patients or any number of other factors. I suggest packing dry snacks in your bag if you know you will start to get “hangry” before lunch rolls around. Snacks are also good to have in case your lunch break gets cut short due to a busy workload. While you are usually given ample time for a lunch break, it's always good to pack something small to sit down and eat in a pinch, and then throw in small bites to have after.

Now that you've assessed the scene at your site it's time to prep and pack your lunches!

Here are my top tips to ensuring a healthy and satisfying lunch as a dietetic intern:

- Bigger is better: If your fridge space allows, make big batches of everything! Soups, stews, and grain salads can easily be doubled or tripled to feed you throughout the week. Yes, you may get tired of one recipe after a few days (my max is three days in a row), so plan on freezing one or two portions.
- Prep in pieces: Prepare one ingredient that can be used for multiple meals. By prepping pieces of meals, you will easily be able to combine a few different ingredients, and voila, you have a complete lunch ready to go. I suggest batch preparing grains (like wheat berries, quinoa, brown rice, cous cous, or farro), roasted vegetables (like cauliflower, winter squash, and eggplant), and salad dressings (olive oil, herbs, and a vinegar of your choosing come together for a simple dressing to be stored in the fridge).
- Packable proteins: I often find myself making up a filling salad of veggies, sometimes with grain, but forgetting to pack myself some sort of protein to sustain my energy levels post-lunch. I've recently started hard-boiling a half dozen eggs over the weekend and tossing one in my lunch bag. Rediscover your inner child and pack some mozzarella string cheese or mini Babybel Swiss cheese rounds for a low-fat protein boost. Portable nut butters are all the rage—try one of the many varieties of Justin's nut butter packets with your sliced fruit or wheat crackers.



White bean and cabbage soup

Happy New Year! Are you looking for a new exercise routine, but have yet to find one? Here's advice from our TC nutrition students.

Dori Arad, a Ph.D. candidate, finds exercising to be fun. He used to play professional soccer. "I spent hours exercising each day," he said. "I enjoy it very much." It is something he likes to maintain. "I think it's really worth picking up an exercise as your hobby, not necessarily a competitive one, but something you can enjoy."

If you are just starting out, you may relate more to Betty Tao, a second-year student. "I love food and have tried many ways to lose weight," she said. It was a yo-yo existence. "Sometimes I wanted to fit in those cute clothes." However, she found that was not enough motivation. "That desire didn't last long... I would eventually use my *I'm too busy* excuse," she said. But recently she has found more motivation. She said, "Having three adults in my family as diabetes patients, I knew I had to make a decision: keep on walking to diabetes or fight against the genes." She is choosing to fight with exercise.

Similarly, Otto Chung, a second-year nutrition and exercise physiology student, said, "I didn't realize how important exercise was until my mother died of cancer in her 50s." The doctors told the family that his mother's lifestyle, including lack of exercise, may have contributed to her demise. He said, "After that, I decided not to follow my mom's path. You have to respect your body because you are going to use it every day."

Sometimes you have to find other tricks. Isabelle Carren-Le Sauter, also a second-year master's student, said, "Having a buddy helps motivate me." She recommends trying the Fitness Pass at the Columbia University Dodge Fitness Center. "You pay \$125 and then try a bunch of classes with a friend." She really enjoys the zumba class led by Jessica Laifer, a TC

dietetic intern. Christiane Baker, who is finishing her master's, agrees. She said, "It's hard to say 'no' to running if your friends are waiting for you outside your door at 6:30 a.m."

Jen Cadenhead, a second-year student, said, "I hate gyms, and my schedule gets so hectic, it can be hard to find the time." She has found a different trick. "I build exercise into my daily life by taking extra flights of stairs, trying to walk more intensely, or exercise while studying or preparing meals." Over the course of a day you can easily get in 60 minutes or more of exercise with five-minute exercise breaks about every hour.

So, in a nutshell, exercising can be a lot of fun. Keep trying until you find a good fit. If you can, partner with a buddy. If you are super busy, then find exercises that you can do as part of daily living. Make a plan and do something! You can do it.

About the authors

Betty and Jen have been texting each other to remind one another to exercise. It's been helping! They wrote this article partially to motivate themselves to find additional to ways exercise and hope that it helps motivate you to find your own path too.

Webpages to check out

American Council on Exercise (ACE) Exercise Library
<https://www.acefitness.org/acefit/exercise-library-main/default.aspx>

Ideas to be more active from the ACE
<http://www.acefitness.org/acefit/healthy-living-article/59/5324/how-to-be-more-active-during-your-workday/>

Columbia University Dodge Fitness Center
Fitness Pass Info
<http://www.dodgefitnesscenter.com/>

The fall semester has come and gone, and with it the first set of rotations for the Teachers College dietetic internship (DI)! After the stress of the actual master's program, applying for the internship itself, and completing the prerequisites required for some of the sites (background tests, physical exams, etc.), I can't believe one-third of the DI is already behind me. A lot of students have been asking about the TC DI experience, so I figured I'd provide a brief snapshot of my experience thus far.

I completed my community rotations first. I started with AdvantageCare Physicians, which is a medical practice group that has an integrated nutrition department. This rotation had an Medical Nutrition Therapy (MNT)-like feel, since we worked individually with patients and families in a medical office. Though I never led a nutrition counseling session myself, my preceptor allowed me to be heavily involved in interacting with the patients. It was also insightful to sometimes sit back and observe a seasoned preceptor counsel patients and to take notes on techniques that saw the best outcomes. This was a great first rotation—I was kind of thrown into counseling with the safety net of having a preceptor there the entire time. I also led group sessions on diabetes self-management, and prepared a diabetes foot-care presentation that I then helped conduct.

SuperKids Nutrition, Inc. was my second rotation, and I put in my hours from the comfort of my own home. There's a lot of editing involved working for websites, but I also got to help with business proposals, press releases, and some very basic graphic design, and I created some original content in the form of newsletters. This was a relatively low-stress experience with a lot of scheduling flexibility.

My third and final community rotation was a game changer. I was at God's Love We Deliver, and I will never be the same! After literally three hours of training, I was thrown into counseling patients with HIV/AIDS, end-stage renal disease (ESRD), cancer, and any number of chronic, debilitating medical conditions. This rotation was absolutely phenomenal. I was completely independent and counseled anywhere from 7 to 15 clients a day. I was able to test the food that God's Love delivers, had amazing preceptors, and was challenged every day with some of the most difficult clients that the nutrition department had. This was a priceless experience as an intern, since I provided counseling for such a wide variety of conditions to populations that really couldn't

do much for themselves. And because it was all done over the phone, I had the safety net of the internet in front of me when I was confronted with medical conditions or medications I was a little rusty with.

Even though I still have my MNT, food service, and research rotations ahead of me, I still feel like I have some lessons I can share. My biggest tip? ASK QUESTIONS. If there is a single missing piece to a puzzle, and you can't find it yourself, it is your duty as a future health practitioner to ask! Obviously, don't ask questions that you can just Google answers for. But don't walk away from a situation without doing your best to fully understand it. Secondly, do yourself a favor in the long run and ask for challenging cases and projects. This is the time to really dive in and do things you're afraid of, since you're an intern and



Sandeep (in the hat) at God's Love We Deliver

it's okay to mess up. Thirdly, stay on top of reading for the DI class. It builds up fast, and you want to make sure that you don't let the latest science slip past you! Most importantly, though, eat well, exercise, make time for friends, and remember that it's just a year. It's not a stress-free time, but keep up habits that you want to have once you're done. It'll be over before you know it, and you'll just be left with the memories, lessons, and habits that you established and built upon! Good luck!

THE NEWLY RELEASED

USDA 2015-2020 DIETARY GUIDELINES FOR AMERICANS

BY JULIE O'SHEA

After a year of fierce debate, the 2015 U.S. Department of Agriculture (USDA) Dietary Guidelines were finally released on January 7, 2016. Many of the key recommendations in the guidelines are essentially unchanged: eat a variety of vegetables, fruits, grains (at least half whole), fat-free or low-fat dairy products, protein foods, and oils. The key recommendations also state to limit saturated and *trans* fats, added sugars, sodium, and alcohol, providing specific limits for each.

Let's start off with the changes that nutrition experts were happy to see:

- **Healthy eating patterns:** In the updated guidelines there was a move away from targeting specific nutrients, with more of a focus on healthy eating patterns. Many nutrition experts were happy with this choice, as crafting recommendations in terms of dietary patterns makes the guidelines much more relatable and easier to communicate to others; people eat foods, not nutrients. Three eating patterns specifically discussed are "U.S.-style," Mediterranean-style, and vegetarian-style.
- **Sugar:** One recommendation that received wide approval is the cap placed on sugar consumption: 10% or less of total calories. That translates

to no more than 200 calories a day from added sugars in a 2,000-calorie diet, or 12 teaspoons of sugar (which is a little more than the amount found in a 16-ounce side). The average American currently consumes 22 teaspoons of sugar a day. Some experts are hopeful that this recommendation will have as significant of an impact as the warnings about *trans* fats in the 2005 guidelines. Those guidelines had a meaningful impact on the regulation of *trans* fats, prompting the Food and Drug Administration (FDA) to require *trans* fats to be listed on nutrition labels, causing many food manufacturers to cut back on *trans* fats in their products.

Despite the move toward focusing on healthy eating patterns, many were disappointed that the food industry made out so well, successfully watering down messages about cutting back on red and processed meat, processed foods, and sodas so as to be indecipherable to most people. This was done by referring to nutrients, as opposed to the foods those nutrients are found in. Specifically:

- **Saturated fat:** The guidelines say to limit saturated fat to less than 10% of total calories instead of saying to reduce consumption of meat, the major source of saturated fat in the American diet, despite strong evidence that red and

processed meat consumption is linked to heart disease, premature death, and cancer.

- **Sodium:** According to Marion Nestle, sodium is a euphemism for processed food and junk food. The 2,300-milligram limit remains unchanged from the last edition. Buried deeper in the document is the 1,500-milligram limit for those with prehypertension or hypertension—two-thirds of American adults.
- **Cholesterol:** This version of the guidelines dropped the limit on cholesterol, while still mentioning that people should eat as little as possible—a confusing message credited by many experts to egg-industry-funded studies with serious conflicts of interest.
- **Sustainability:** There was no mention of sustainability in the guidelines, another topic that had been hotly debated.

Overall, the guidelines were a mixed bag—not as clear and direct as desired by many nutrition experts, but with a couple of improvements with the potential for positively impacting the American diet.

References

U.S. Department of Health and Human Services and U.S. Department of Agriculture. *2015 – 2020 Dietary Guidelines for Americans*. 8th Edition. December 2015.

Book Talk and Signing at Teachers College: *The Edible City* by Indira Naidoo

by Ian Ang



Teachers College was privileged to have hosted the last stop of Indira Naidoo's North American book tour for *The Edible City* on December 16, 2015. On the surface, Naidoo's second book, *The Edible City*, is a collection of stories about the many successful community-driven gardening efforts in Sydney, Australia, along with many delicious recipes. But Naidoo revealed that underneath it all, the real message of her book is about subtly bringing awareness to climate change. Having previously completed a climate change initiative traineeship with Al Gore, Naidoo understands the negative impacts that climate change has on agriculture and food security, and the subsequent contribution to world conflicts such as the one in Syria. But not once are those divisive two words mentioned in her book. This was a conscious effort on her part so as not to have her book be co-opted into a faction or politics.

Naidoo shared a personal story about a neighbor living below her who had previously filed several complaints about "garbage" (really just leaves) falling from her balcony to his. After clarifying the situation, apologizing, and sending him a homemade dessert as a peace offering,

she did not hear anymore from him, but he also ignored her when they passed each other. The surprise came when he showed up at a local book launch of *The Edible City*, complimenting her recipes and her work. Naidoo's story exemplifies the hope that even the toughest nut can be cracked, and we should not give up working on efforts that can make a difference in our communities, and the environment, even if we might not see the results right away.

Naidoo also spoke about her first book, *The Edible Balcony*, a best seller in which she shares the triumphs and challenges of growing food on her balcony. Living in one of the world's most populous residential areas, Potts Point in Sydney, Australia, Naidoo was a typical urbanite with no prior gardening experience. A self-proclaimed foodie, Naidoo was determined to start a garden on her balcony in order to grow rare heirloom tomatoes not sold in supermarkets, after being hooked on them at a farmer's market.

Starting, trouble-shooting, and fine-tuning a garden of about 20 m² on her balcony required work and dedication. So what keeps Naidoo's going? Sure, she could go on about how much she enjoys working on her garden, which is true, but is that the best reason to give to draw attention to her story? How about the fact that her garden now grows approximately 155 lbs (70 kg) of produce each year, saving her about \$500 annually! This tidbit is probably a more appealing piece of information. As an established journalist and TV presenter, here's Naidoo's tip for getting one's message heard: framing a story for the target audience to make it well received is essential in getting your story heard. Without grabbing interest, you won't have the opportunity to get your message across.

Featuring 60 recipes, *The Edible Balcony* has sold over 20,000 copies and has been reprinted four times since being published in 2011.

RECIPE CORNER: WINTER FARE

Farro with Seasonal Produce and Goat Cheese

Ingredients

- 3 large beets
- 1 lb Brussels sprouts
- 1/2 cup fresh cranberries
- 1 Tbsp vinegar
- 1 tsp canola oil
- 1 cup uncooked farro
- 3 oz soft goat cheese, crumbled
- 1 Tbsp olive oil
- 2 Tbsp red wine vinegar

Directions

Wash beets, Brussels sprouts, and cranberries.

Place beets and vinegar in a saucepan and cover with water. Bring the water to a boil. Once boiling, reduce to a simmer and let simmer, covered, for 45 minutes.

Meanwhile, preheat oven to 400 °F and line a pan with aluminum foil. Cut Brussels sprouts into halves. Mix Brussels sprouts halves with canola oil.

This warm, colorful dish is a great addition to winter dinners!

Recipe by
Lela Swartz

Cook in oven for 35 minutes.

Rinse farro under cold running water. Place uncooked farro and 3 cups water into a saucepan and bring to a boil. Once boiling, reduce to a simmer and let simmer, covered, for 15 minutes or until water has been absorbed and farro is tender.

Once the beets are done simmering, place the saucepan in the sink and run cold water into it. When the beets are cool enough to work with, peel off the outer layer and then chop into bite-sized pieces.

After all has finished cooking, combine farro, beets, Brussels sprouts, cranberries, and goat cheese in a large bowl. Mix in olive oil and red wine vinegar. Enjoy!
Serves 6.



Sun-Dried Tomato Dip

Recipe by
Julie O'Shea

Ingredients

- 1 can garbanzo beans, drained
- 1/4 cup oil-packed sun-dried tomatoes, drained
- 1/4 cup mayonnaise
- 2 Tbsp fresh lemon juice
- 3 cloves garlic
- 1/4 tsp basil
- 1/4 tsp ground red pepper

Directions

Blend all ingredients in a blender until smooth. Chill, covered, for two hours. Serve with sliced fresh vegetables for dipping or crackers.

Serves 8.

This easy dip is great for parties. Try it out for Super Bowl Sunday. I start with three 3 cloves of garlic, but usually end up adding more; the extra raw garlic really adds a lot of kick.