Hey Everyone!

I hope that everyone is having a great semester so far! The months of November and December are full of events within LaGuardia and New York as a whole. Take advantage of the last weekend of Smorgasburg, a food festival in Brooklyn that comes to a close at the end of November. Additionally, November is American Diabetes Month, so do what you can to educate yourself and others regarding this national epidemic.

Also, the holidays are coming up! Be sure to enjoy your holiday season in the most healthy and happy way possible. We include some tips on page 2 on how to make holiday meals less glutinous and more enjoyable.

This newsletter issue, we introduce a new section called Nutrition Myths Debunked! There are thousands of myths out there, some more outrageous than others. This issue, we focus on the myth that encourages excessive protein for building muscle. If you have a nutrition myth you would like investigated or debunked, email it to us and we may include it in our next newsletter issue.

Good luck with finals and Happy Holidays!

Best,
Deborah Adamo
President

Thank you to all who helped make Food Day at LaGuardia a roaring success. We would also like to thank Rogowski Farms for joining us and spreading the message of the glory of local and sustainable agriculture. Thank you to our sponsors whose contributions allowed us to provide samples and educational information to our students and faculty. Thank you to MBJ Catering for all their assistance. And an especially great big thank you to our volunteers, who helped in every way from organizing displays, preparing samples in the kitchen, to operating our food quiz tables.

Thank you!

Food and Nutrition Club Officers

President............Deborah Adamo
Vice President.........Stacey Abellard
Secretary...............Gazelle Rahmani
Treasurer..............Michael Arboleda
SAC Representative.....Sabrina Cerda
SAC Representative...Alex Tolentino

November is American Diabetes Month!

Diabetes has become an epidemic. It is the seventh leading cause of death in the United States, and it is estimated that 7 million people in the U.S. are unaware they have it. The good news is that diabetes can be managed and even prevented with a few lifestyle changes, and as part of American Diabetes Month, Americans are encouraged to learn more about diabetes.

Those with diabetes are unable to make or properly use insulin. Certain factors place individuals at a higher risk for developing the most common form, Type 2 diabetes.

Am I at Risk?

Risk factors include older age, obesity, a family history of diabetes, history of gestational diabetes, impaired glucose metabolism, physical inactivity and race or ethnicity. African-Americans, Hispanic/Latino-Americans, American Indians and some Asian-Americans and Native Hawaiians or other Pacific Islanders are at particularly high risk for Type 2 diabetes and its complications.

What Are Symptoms of Diabetes?

Americans who are unaware they are living with diabetes may feel their symptoms are harmless or may not even have symptoms, and thus diabetes goes undiagnosed. If you have any of the common symptoms of diabetes — such as extreme fatigue, unusual thirst, frequent urination, extreme hunger, unusual weight loss or frequent infections or cuts and bruises that heal slowly — visit a health care physician.

How Can I Prevent or Manage Diabetes?

Research has shown that weight loss through moderate diet changes and increased physical activity play a large role in preventing or delaying diabetes and its complications, which include heart disease, stroke, kidney disease, blindness, nerve damage and other health problems.

http://www.eatright.org/Public/content.aspx?id=6442478865

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Weekly Club Meeting on Wednesday’s from 2:15-3:30pm in Room E-222
Email us at lagecfoodandnutritionclub@gmail.com
Find us on Facebook at https://www.facebook.com/groups/211735922200812
Follow us on Instagram at http://instagram.com/food_nutrition_lagcc

DARE TO DO MORE
Smorgasburg happens in two locations every weekend: Saturdays at East River State Park—Kent Ave. and N. 7 St.—on the Williamsburg waterfront; and Sundays on the DUMBO waterfront at the historic Tobacco Warehouse in Brooklyn Bridge Park. Both locations are open from 11am to 6pm, and feature packaged and prepared foods, beverages, and more from purveyors from New York City and across the region, for a total of 75-100 vendors. The markets are always open rain or shine.

Happy Healthy Holidays!

The holidays are near and so is all the glorious food! Follow these tips to ensure you have a happy healthy holiday, without all the excessive calories and anxiety!

• Get Active- Create a calorie deficit by exercising to burn off extra calories before you ever indulge in your favorite foods, suggests Connie Diekman, MEd, RD, former president of the American Dietetic Association (ADA). "Eat less and exercise more" is the winning formula to prevent weight gain during the holidays," Diekman says. "Increase your steps or lengthen your fitness routine the weeks ahead and especially the day of the feast."

• Eat Breakfast- While you might think it makes sense to save up calories for the big meal, experts say eating a small meal in the morning can give you more control over your appetite. "Eating a nutritious meal with protein and fiber before you arrive takes the edge off your appetite and allows you to be more discriminating in your food and beverage choices," says Diekman.

• Lighten Up- Whether you are hosting a holiday dinner or bringing a few dishes to share, make your recipes healthier with less fat, sugar, and calories.

• Police Your Portions- Holiday tables are bountiful and beautiful displays of traditional family favorites. Before you fill your plate, survey the buffet table and decide what you're going to choose. Then select reasonable-sized portions of foods you cannot live without. "Don't waste your calories on foods that you can have all year long," suggests Diekman. "Fill your plate with small portions of holiday favorites that only come around once a year so you can enjoy desirable, traditional foods." Also, skip the seconds. Try to resist the temptation to go back for second helpings. "Leftovers are much better the next day, and if you limit yourself to one plate, you are less likely to overeat and have more room for a delectable dessert," Diekman says.

• Slowly Savor- Eating slowly, putting your fork down between bites, and tasting each mouthful is one of the easiest ways to enjoy your meal and feel satisfied with one plate full of food, experts say. Choosing whole grains, fruits, vegetables, broth-based soups, salads, and other foods with lots of water and fiber add to the feeling of fullness.

• Go Easy on Alcohol- Don't forget those alcohol calories that can add up quickly.

• Be Realistic- The holiday season is a time for celebration. With busy schedules and so many extra temptations, this is a good time to strive for weight maintenance instead of weight loss. "Shift from a mindset of weight loss to weight maintenance," says Finn. "You will be ahead of the game if you can avoid gaining any weight over the holidays."

• Focus on Family and Friends- The holidays are not just about the delicious bounty of food. It’s a time to celebrate relationships with family and friends.

http://www.smorgasburg.com

Easy Roasted Butternut Squash!

Ingredients:

• 1 medium butternut squash, peeled.
• ½ tablespoon salt
• ½ tablespoon ground black pepper
• 1 teaspoon ground white pepper
• 1 teaspoon dark brown sugar
• 2 tablespoons olive oil

Directions:

1. Preheat oven to 400°F.
2. Halve the peeled squash and scrape out the stringy pulp and seeds with a spoon.
3. Chop squash into medium sized pieces.
4. Toss in a bowl with all ingredients.
5. Spread seasoned squash evenly on a large baking sheet.
6. Place baking sheet with squash in preheated oven and bake for 25-30 minutes or until soft.

Nutrition Myths Debunked!

Common Myth: “Eating extra protein builds muscle.”

Although protein is a vital nutrient that you must consume daily for optimal health, overindulging in protein-rich foods may cause adverse effects.

One potential side effect of consuming significantly more than the recommended daily intake of protein on a regular basis is that of kidney damage. Your kidneys have to process the metabolic waste products of protein, so consuming large amounts may cause or worsen kidney issues.

Too much protein in the diet can also put the body into a state of ketosis. This means the body is producing ketones in the blood, which are by-products of fat breakdown indicating fat is being used for energy rather than the body's preferred fuel source of carbohydrates. The body is fasting or starving when ketones are produced and can cause glucose intolerance and insulin resistance which leads to bigger issues of coronary artery disease, hypertension and hyperlipidemia.

Protein should be consumed daily as part of a healthy diet, but like everything else, in moderation. Adding more protein will not increase muscle mass.

http://www.livestrong.com/article/352257

http://www.webmd.com/diet/features/10-tips-for-a-thinner-thanksgiving

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