

THE GRAPEVINE

Teachers College, Columbia University



THE GRAPEVINE

PROGRAM IN NUTRITION

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Smorgasburg: A Brooklyn Flea Food Market

By Tanya Mezher

Accompanied by food festivals such as Madison Square Eats and Taste of Times Square, Smorgasburg headlines New York City's must-visit food festivals. Launched in 2011 by Brooklyn Flea Market, Smorgasburg is anticipated each year for its mouth-watering eats provided by 75-100 vendors, mostly old favorites, with about a quarter of them new additions annually. Offering Argentinian and Chinese street food, Philly cheesesteaks, kimchi dumplings, fresh pizza, quail eggs on a stick, beer and ribs, poké tuna bowls, vegan tacos, fresh coconuts, banana pudding,

Guatemalan artisan chocolate, and Indian curry-spiced ice cream, to name a few, the festival showcases an enormous amount of classic and unusual food options from around the world. Food creations that get their debut at Smorgasburg often go on to become trends across the nation, such as the famous ramen burger that started there in 2013, with the hype this year surrounding the raindrop cake.

The contagious buzz of energy that surrounds this foodie frenzy can be experienced on Saturdays in Williamsburg's East River Park and Sundays in Prospect Park's Breeze

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LETTER FROM THE EDITOR

Dear Students, Faculty, Alumni, and Staff,

Each summer we catch up with some of our Program in Nutrition alumni. We love hearing about the varied career paths that students take. Get a taste for life after graduate school in the Alumni Notes section. This issue features alumnus Stephanie Lang, the previous editor of The Grapevine, in our alumni spotlight.

If you're looking for something fun to do, check out our cover story about Smorgasburg, a Brooklyn "food flea market." If you want to stay hydrated while you're out and about, check out our article on a new hydration index to find out which beverages best keep you hydrated.

We also have articles about food waste, with ideas about how to minimize waste; a book review of Marion Nestle's "Soda Politics," with advocacy tips; and a new look at Mexican cuisine. And of course no issue is complete without a recipe: cool, refreshing vegan key lime pie.

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).

Thanks to all of the students who volunteered to write for this issue! The Grapevine is written by the students in the Teachers College Program in Nutrition. I encourage all of you to get involved. Send your ideas to me at jmo2144@tc.columbia.edu.

Enjoy the issue!

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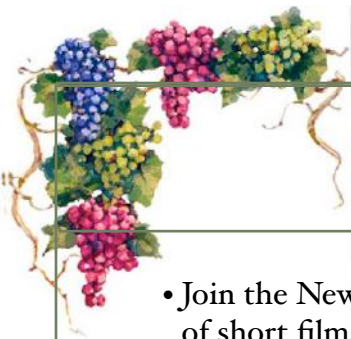
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Fresh Off the Vine: Events and Announcements

- Join the New York City Nutrition Education Network (NYCNEN) for a fun-filled evening of short films with their Pop-up Film Festival from "Real Food Media," vivacious discussion, and great collaboration opportunities with other food and nutrition NYCNEN professionals on Wednesday, September 21, from 5:30–8:00 p.m. at God's Love We Deliver, 166 Ave of the Americas, New York, NY 10013.
- Come to the Health Nuts' welcome back potluck on Monday, September 19, from 6:00–8:00 p.m. to kick off the school year. Follow the TC Health Nuts on Facebook to stay updated.
- Congratulations to student Evelyn Grant on receiving a \$2,000 scholarship through the James Beard Foundation and Wolffer Estate!

WRITE FOR THE GRAPEVINE!

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

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

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

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

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

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

Journal Watch: Summarize a scholarly journal article.

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

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

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

Traveling Tastes: Explore food through travel. Describe the foods of another country's culture.

Work it Out: Investigate a current topic in exercise, physiology, or recreation, or share a favorite workout tip, move, or routine.

Smorgasburg: A Brooklyn Flea Food Market (cont'd from front cover)

Hill. Open April through November, Smorgasburg draws tens of thousands of visitors each weekend day, rain or shine.

I originally heard of Smorgasburg during my first visit to NYC about three years ago, but did not have the chance to experience its glory until this summer. With a fellow nutrition peer, our sunglasses, MNT books, and picnic blankets in tote, we set out to Brooklyn on a sunny Sunday afternoon to discover what this food festival is all about. Getting off the Q train at Prospect Park it was clear where the crowd was headed, even late into the afternoon just a couple hours before Smorgasburg closes at 6 p.m. Balloons, chalkboard signs, and wafts of delightful smells led us up a path into the clearing of what must have been Breeze Hill, where the vendor tents were arranged on both sides of a large roundabout, surrounding a center full of people happily indulging in their food and drinks at picnic tables and on the grass.

Though our stomachs grumbled with hunger and our eyes darted toward the first stand held by Dough doughnuts, we decided to walk the entire circle and scope out each menu and vendor before choosing our mode of indulgence. Right next to Dough was the famous Raindrop Cake stand. We curiously looked on as people ordered the translucent,



gelatinous blob resembling its name, accompanied with a brown syrup and roasted soybean flour. Moving on, perhaps to return for dessert, we passed taco stands, pork roasting, and coconuts being chopped open, each stop as appealing as the next, but I was looking for something hearty and unique that I have never had before. To

fight the heat and quench my thirst I opted for a refreshing rose water lemonade at an Indian food stand as we made our rounds.

After making the full circle, I decided on Mofongo—the stand with only one menu item and the longest line, of course. Their Puerto Rican-inspired dish

consisted of fried plantains, mashed with mortar and pestle, placed in a bowl filled with fried pork and topped with a chipotle spicy sauce. Not the healthiest option, and I would have preferred beef or chicken personally, but I was there for the experience and it actually turned out to be really delicious.



We sat on the grass in the shade, discussed life as we shared our meal, admired cute babies and puppies, attempted to study, and packed up to grab dessert just before they shut down. Tempted to go back for the raindrop cake, we chose to go with ice-cold fudgsicles from Whimsy & Spice instead. The unique flavors of Thai iced tea and mango lassi won our dollars, with others on the menu being chocolate curry, matcha green tea, and mocha cardamom deserving a second visit.

With stomachs full and hearts happy, we strolled through scenic Prospect Park to catch the train back from Grand Army Plaza. Smorgasburg made for a successful Sunday afternoon and time well spent. I highly recommend leaving your oatmeal and salad at home for one day and paying a visit if you have not already. A few tips: bring cash, sunscreen, an appetite, and extra friends or family to share the experience!



Food waste is a hot topic these days—and rightly so! The latest research shows that 50% of the produce in the United States is thrown away. Globally, one-third of all food is lost or wasted—an amount that would cover all of New York City, Jersey City, and Newark!¹ As nutrition professionals, we need to understand the issue of food waste so we can discuss it with others, recognize our role, and support efforts to reduce food waste.

The What

Food loss and waste plague the entire food supply chain—it is not just a problem created by individual consumers with our everyday habits. Instead, every step from farm-to-plate contributes to the problem, and it will require teamwork on all levels to make meaningful changes.

- *Food loss* refers to food that never makes it to the final product stage fit for consumption. This typically happens during production, post-harvest, processing, and distribution.
- *Food waste* refers to food that is meant for consumption, but that does not get consumed for whatever reason. It typically occurs at the retail and consumption stages of the food supply chain.

The Impacts

Food loss and waste have far-reaching impacts. For this reason addressing this problem was explicitly identified as part of goal #12 of the United Nation's 2015 [Sustainable Development Goals](#).

- Almost one billion people around the world live in hunger. In the U.S. alone, 48 million people are food insecure. Recovering half of what is wasted would eliminate hunger globally.²
- Food waste is a major contributor to landfills, where it produces methane, a greenhouse gas that contributes greatly to global warming.
- Millions of dollars and precious resources such as water and energy are lost each year when food is lost and wasted. In the U.S. this loss totals \$161 billion. In fact, Americans throw away \$1,600 worth of food each year!^{3,4}

Practical Ways To Reduce Food Waste

The evidence is clear that food loss and waste occur at all levels of production and consumption. We must address both our individual habits and the systematic areas that contribute to the problem. Here are a few ideas to get started:

- Learn to properly store your produce and preserve excess amounts before they spoil. Many preservation techniques take less time than we think. If you buy a huge bunch of spinach, but you know you can't eat it all before it wilts, take 15-20 minutes to blanch and freeze the excess.
- Split produce purchases with a friend or neighbor. You will be less likely to end up with too much food and you will save money!

- Buy local. Less food miles = less time in the food supply chain = less waste.
- Learn to love ugly produce. When you buy the strangely shaped fruits and veggies at the farmers' markets, you show farmers you are okay with imperfect produce. We also need to pass on this important lesson to our clients. Take the time to understand the differences between the natural variations of harvests versus when an item is going bad, and then share the knowledge with others.
- Use what you have before buying more or going out to eat. Plan a picnic with friends where each brings a dish based on ingredients she has at home instead of going out to a restaurant. You can also get creative in the kitchen with substitutions in your recipes.
- Develop and share recipes for the edible parts of plants that we usually think of as trash. To learn more, check out Lela Swartz's article "Root-to-Stalk Cooking" in the [spring 2016 issue of The Grapevine](#).
- Support organizations that are working to reduce food waste by recovering and repurposing produce or expiring products. [City Harvest](#) is a great local example. The organization works to reduce both hunger and food waste in NYC.
- Participate in advocacy efforts to change the system. Figure out how you can support systematic changes, such as getting your supermarket to source ugly produce or getting a restaurant to donate leftover food to the hungry. Advocacy can also be as simple as signing petitions or calling state legislators.

Reality Check

Go easy on yourself! Just as with any lifestyle change, small steps are the key to success. For the items you do have to toss, try composting when possible. Keep the scraps in your fridge or freezer to help control smells, and check out the Department of Sanitation's [NYC Compost Project](#) for more information on what to do with the scraps. Not only does composting help the environment, your trash won't smell or fill up as often—benefits to be had all around!

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Alumni Notes

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

Carla Anastasio, MS, RD, CLC, graduated with an MS in Nutrition and Public Health in 2010. She is the Director of the Division of Nutrition at CAI Global in New York. ca2304@columbia.edu

Bonnie Averbuch, MS, RD, graduated with an MS in Nutrition and Public Health in 2015. She is the Director of Communications at A Growing Culture in New York. baa2135@tc.columbia.edu

Emily Braaten, MS, graduated with an MS in Nutrition and Public Health in 2016. Emily is studying for the RDN exam and job hunting in Washington, D.C., after completing her last internship rotation at Food & Friends, a nonprofit that provides nutritional counseling and meal delivery for people living with HIV and cancer. emilydbraaten@gmail.com

Marissa Burgermaster, PhD, MAEd, graduated with a PhD in 2015. She is a postdoctoral research fellow at the Columbia University Medical Center, Department of Biomedical Informatics, in New York.

Stephanie Casper, MS, RD, graduated with an MS in Nutrition and Public Health in 2015. She is a clinical dietitian at the Diabetes Education and Treatment Center, White Plains Hospital, in New York, where she does nutrition counseling and diabetes education for people with type 1 diabetes, type 2 diabetes, and gestational diabetes mellitus. Stephanie also provides one-on-one and group classes for outpatients with diabetes. casperstephanie@gmail.com

Paula Cerqueira, MS, RD, LDN, graduated with an MS in Nutrition Education in 2012. She is a project administrator at ChildObesity180 at Tufts University in Massachusetts, where she develops research designs, work plans, timelines, data collection methods, and data management strategies for a study that seeks to understand the impact of an advertising intervention on children's eating habits in quick-serve restaurants. She is also adjunct faculty at Simmons College. cerqueira.paula@gmail.com

Daniella Cohn, MS, RD, graduated with an MS in Nutrition and Public Health in 2014. She is a registered dietitian at a nursing and rehabilitation center in New York. daniellacohn1@gmail.com

Vanessa Costa, MS, RD, CDN, graduated with an MS in Nutrition Education in 2013. She is a Health and Wellness Communications Specialist at KIND Healthy Snacks in New York, where she helps manage KIND's external health and wellness communications platform. Vanessa's responsibilities include content creation, strategy, and implementation; expert and media relations; and service as an internal nutrition and health resource for other departments. "I'm really excited to have taken on this role at this amazing, forward-thinking company as I continue to chart an untraditional career path as a business-minded RD." vcosta@kindsnacks.com

Christie Custodio-Lumsden, PhD, MS, RD, CDN, graduated with an MS in 2009 and a PhD in 2013. She is an associate research scientist at Columbia University College of Dental Medicine in New York. Christie has a research faculty position within the Section of Population Oral Health, where she is primarily engaged in early childhood caries prevention studies targeting diet and oral hygiene behaviors. Her responsibilities include developing, designing, and implementing research studies; managing ongoing research projects; writing and submitting grant proposals; publishing scientific manuscripts; and teaching a research methods course. clc2123@cumc.columbia.edu

Lisa Fencik, MS, RD, graduated with an MS in Nutrition and Exercise Physiology in 2011. She is a nutritionist at the New York City Department of Health and Mental Hygiene in New York. Lisa also teaches nutrition education at child care centers and farmers' markets. lisamarienfencik@gmail.com

Jennifer Hildner, MS, RD, CDN, graduated with an MS in Nutrition Education in 2015. She is a registered dietitian at the Ralph Lauren Center for Cancer Care and Prevention, an outpatient cancer center partnered with Memorial Sloan Kettering that is dedicated to treating minority and underserved populations in New York. She provides nutrition counseling and education to patients with cancer, as well as other conditions such as diabetes. Her responsibilities also include development of nutrition education materials, grant writing, and research. jhildner@gmail.com

Niharika Jaiswal, MS, RD, CDN, graduated with an MS in Nutrition Education in 2011. She is the Chief Clinical Dietitian at Cabrini of Westchester in New York, where she manages all clinical nutrition activities to make sure they meet New York State and federal regulations and standards. Niharika currently serves as Westchester Rockland Dietetic Association President Elect and the Webinar Chair for Diabetes Care and Education (DCE) Practice Group of the AND. Niharika initiated the DI program between Columbia University, Lehman College, the City University of NY, and Cabrini of Westchester. She also serves as a guest lecturer at Lehman College for the DI program. She served as the Webinar Lead for DCE from Oct 2012 to 2016 and as a reviewer for "On the Cutting Edge," a peer-review publication of DCE, Academy of Nutrition and Dietetics. rd.niharikajaiswal@gmail.com

Alumni Notes

Stephanie Lang, MS, RD, CDN, graduated with an MS in Nutrition Education in 2015. She is a nutrition coordinator/clinical dietitian at Brookdale Hospital in New York, where she collaborates with members of a health care team to provide medical nutrition therapy to patients in an acute care setting. Stephanie counsels and provides patients with nutrition education and resources to help manage their therapeutic diets. She used to be the editor of The Grapevine at TC, and now she is the editor of the Greater New York Dietetic Association's newsletter, The Greater New Yorker.

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Ana Ines Leibovici, MS, RD, graduated with an MS in Nutrition Education in 2014. She is a retail dietitian at ShopRite in New York, where she promotes health and wellness in both English and Spanish to ShopRite associates, customers, and community partners through a variety of programs such as supermarket tours, workshops, one-on-one consultations, and culinary demonstrations. Ana's ultimate goal is to help associates and customers choose products that support their individual health goals. ail2113@tc.columbia.edu

Dalia Majumdar, PhD, graduated with a PhD in 2013. She is the Program Director of the Diabetes Program at Sinai Urban Health Institute in Chicago, Illinois. Dalia serves as the leader of the diabetes program for health content, program design, evaluation, and dissemination; writes and manages all grant activities and reports to the funders; supervises a diverse team that includes community health workers and a research assistant; builds and manages relationships with internal Sinai Health System stakeholders and external community-based organizations; and disseminates research findings in peer-reviewed journals, in the community, and among stakeholders. dm2442@tc.columbia.edu

Elizabeth Micale, MS, RD, LDN, CPT, graduated with an MS in Nutrition and Exercise Physiology in 2013. She is a Senior Wellness Manager at FLIK-Compass Group in Massachusetts, where she oversees nutrition-related wellness initiatives throughout corporate cafes, menu development, recipe design, corporate presentations, wellness tables, and on-site training of culinary staff. elizabethmicale@gmail.com

Nan Pardington, MS, RD, graduated with an MS in Nutrition Education in 1994. She is a nutrition program consultant for the NC Department of Health/Human Services, Division of Public Health, Nutrition Services Branch in North Carolina. Nan is also a nutrition policy liaison and subject matter expert for the NC WIC Management Information System (Crossroads). Her responsibilities include development and implementation of the NC WIC MIS Crossroads, which is an FNS-funded State Agency Model information system that has replaced the 30-year-old NC WIC legacy system. She planned and coordinated user-acceptance testing, local agency user training, and pilot and state-wide rollout; led ongoing system support and user guidance; and coordinated development and implementation of the upcoming transition to WIC EBT.

Regina Maieli Rinaldi, MS, RD, CDN, graduated with an MS in Nutrition and Public Health in 2014. She is a registered dietitian at Northwell Health in New York, where she primarily focuses on the GI surgery and surgical ICU population at North Shore Hospital. She also provides one-on-one nutrition counseling at the Merchant Marine Academy.

Sari Schlüssel-Leeds, MS, RD, CDN, graduated with an MS in Nutrition Education in 2005. She is an adjunct professor at Westchester Community College in New York, where she teaches Nutrition Education. Follow her blog at www.chefuptotheplate.wordpress.com. ssleedsrd@aol.com

Casey Siegel, MS, RD, CDN, graduated with an MS in Nutrition and Exercise Physiology in 2015. She is a pediatric clinical dietitian at The Children's Hospital at Montefiore in New York, where she conducts nutrition assessments of pediatric patients and provides education to patients and families in an acute care setting. casey122@gmail.com

Catherine Staffieri, MS, RD, CDN, graduated with an MS in Nutrition Education in 2014. She is a registered dietitian at Greenwich Hospital and an outpatient dietitian at the Center for Behavioral & Nutritional Health in Connecticut.

Emelia Stiverson, MS, RD, LDN, graduated with an MS in Nutrition Education in 2014. She is a clinical dietitian at NMS Healthcare of Annapolis in Maryland. She serves as the sole RD in a 96-bed long-term-care and post-acute rehab facility, which includes a 39-bed pulmonary care unit with bedside in-house dialysis. Her responsibilities include completing nutrition assessments, writing progress notes, providing nutrition education for all patients and residents, attending bi-weekly wound rounds, and serving as the nutrition rep in interdisciplinary care plan meetings. emystiverson@gmail.com

Susie Zachman, MS, RD, graduated with an MS in Nutrition Education in 2015. She is the Founder and President of Better Beginnings, a small obesity-prevention non-profit that provides group education to low-income parents of two- to five-year old children in Connecticut. Susie's responsibilities include marketing the program to partner organizations, facilitating group education, and administration tasks related to running a small business. susiezachman2012@gmail.com

ALUMNI SPOTLIGHT: STEPHANIE LANG, MS, RDN, CDN

We recently caught up with Teachers College Nutrition alumna, Stephanie Lang. Stephanie received her master's degree in Nutrition Education in 2015 and did her DI at TC. Read on to get a taste of her career and for some valuable words of wisdom.

Where do you currently work?

I am a nutrition coordinator/clinical dietitian at Brookdale Hospital and Medical Center in Brooklyn, NY.

Can you tell us a bit about what you do?

I work in acute care, mainly on a telemetry/cardiac floor and the surgical side of a medical/surgical floor. I meet with patients to provide nutrition education and resources to help them manage their therapeutic diets (i.e., heart-healthy eating, diabetes, kidney disease and dialysis, post-GI surgery, cancer and nutrition, HIV, bariatrics, trauma and wound healing). I also see patients on enteral and parenteral nutrition, and I assess patients for malnutrition.

In addition, I regularly meet with my fellow dietitians and manager to update our policies to reflect the latest clinical nutrition guidelines and recommendations.

I am busy from the moment I walk into the hospital until the moment I leave, which in many ways reminds me of my former restaurant life—lots of young people hustling—and I still talk about food everyday.

What do you like most/least about your work?

The doctors (usually) rely on my nutrition expertise and recommendations, which is a great feeling. I like to be seen as the expert!

Providing nutrition education to patients in an acute care setting can be challenging, so I try to focus on small changes that patients are more likely to make. Learning about the social situations of many of my patients can be heartbreaking sometimes.

And then there are the patients who tell me they don't like vegetables at all. I want to shake them and say, "You are an adult, grow up and eat a vegetable." But I don't really do that... we talk about different cooking and preparation methods instead.

How did you come to TC and the field of nutrition?

I knew I liked food and I knew I liked food that made me feel good, so I decided to study nutritional science-dietetics during my undergraduate years at UC Berkeley. During those years, I also got an apprenticeship in the kitchen at Chez Panisse, and eventually was hired as a pastry cook part time at Pizzaiolo in Oakland, CA.



After college, I moved to Manhattan and worked full time as a pastry cook at Print restaurant. After a full year of late nights and hot ovens, I was ready to continue learning more about nutrition and the health aspects of food, and the environmental and social influences related to food production and access, which led me to TC's Nutrition Education program.

What are your future career goals?

I have been enjoying clinical nutrition. I think there is so much to learn about nutrition-related disease, how to communicate and work with a team, and how to talk to patients. Eventually I would like to take my love of food and marry it to the clinical setting.

I also currently work part time with an oncology nutrition organization called Savor Health, where I write blogs on nutrition and cancer. Last year I helped them develop their cookbook called "The Meals to Heal

Cookbook." In the future, I will probably continue to write and maybe even work on some more cookbook projects!

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

I think the TC Program in Nutrition is unique compared to other programs because it shows how broad the field of nutrition can be. I met some amazing people in the program and am grateful for the connections and friendships we have created. It is exciting for me to hear about all of the different things my peers are doing with their careers now.

What is your most memorable TC experience?

Some highlights from my time at TC include going on a tour of The New York Times with one of the health reporters there after Analysis of Current Literature class, attending the book/movie/dinner nights at the homes of the Program in Nutrition faculty, editing and writing for The Grapevine newsletter, and working as a student scholar for Medical Nutrition Therapy. I also got to do communications work with the Tisch Food Center this past year.

What advice or words of wisdom can you offer TC students?

Get involved in the extracurricular opportunities. It is how you meet other people in the field and gain experience. Those TC Program in Nutrition email blasts are important!

Anything else you would like to share about yourself?

I have a small food blog that I started in 2009 called Figs in My Belly (figsinmybelly.com). It is a fun way to document what I cook and eat. I am also involved in a monthly recipe challenge with other health and dietitian bloggers called The Recipe ReDux.

Book Review: Soda Politics: Taking on Big Soda (and Winning)

By Jennifer Cadenhead

Marion Nestle, PhD, MPH, long-time professor at New York University and former chair of the Nutrition Department, added another book to her long list of publications on the politics of what people eat or drink. "Soda Politics: Taking on Big Soda (and Winning)" is a well-researched compendium on how soda, a drink that costs pennies to produce, has become the global drink of choice. As Dr. Nestle points out, soda is mostly water, but is filled with sugar. She states that it is not necessary to sustain life, yet soda companies have normalized its drinking and ubiquity.

Dr. Nestle argues that the poison is in the dose. If people only occasionally had soda, then perhaps there would not be an issue. All things in moderation? However, she states that is not the case. She details how increasing soda sales correlate with increasing waistlines, which are, in turn, correlated with the increasing incidence of chronic diseases like obesity (the number one threat to the industry) and type 2 diabetes mellitus. The strongest support of this correlation is that decreasing soda sales have also accompanied a flattening in the rates of obesity increases. She also details how sodas are correlated with poor dental outcomes, depletion of water resources (the number two threat to the industry), and are a contribution to climate change, among other woes.

The bulk of the book, consistent with its title, is dedicated to how soda companies work to keep their products on the shelves: They recruit many hands to share the profits. This is accomplished not just through richly compensating corporate executives, but through a comprehensive strategy. Everyone from suppliers, bottlers, truck drivers, union employees, and restaurateurs gets a cut of the

money. Dr. Nestle calls soda executives master collaborators who understand both "softball" and "hardball" tactics equally well. For example, Dr. Nestle documents how Indra Nooyi, the CEO of PepsiCo, through her work on other boards, has connections to 481 board members of 12 different organizations across 11 industries. A similar situation exists at Coca-Cola. Through these relationships, soda executives facilitate generous donations to their "friends" favorite charities—as long as the donations yield some type of tangible benefit to the bottom line for sodas. Executives also work closely with their industry trade group, the American Beverage Association, hiring professional lobbyists, like the Center for Consumer Freedom, and public relation firms, like Goddard Claussen, to protect from any potential for lost profits from legislation of any aspect of their organization, most notably taxation. You may recall the infamous portrait of "nanny" Mayor Bloomberg when he tangled with the industry. Several other cautionary case studies are provided in the book as well.

For would-be health advocates, Dr. Nestle outlines guidelines for successful advocacy. These could be used as a playbook for any public health issue: 1) Define the problem. 2) Do the research. 3) Choose an attainable, relevant goal. 4) Identify the key players. 5) Enlist allies. 6) Work together to create "frames" that describe the problem, the proposed solution, and the importance of the solution. 7) Use the media (support and education). 8) Work together with allies to develop actions that will energize the "authorities." 9) Take action. 10) Evaluate your work. 11) Take additional actions. 12) Persist. 13) Get adequate funding. She also

notes that while these steps sound simple, they must be done thoughtfully, and learning will occur with experience. I would only add two things: 14) Appeal to the human and emotional side of arguments, and, 15) To the extent possible, do it in a polished and thoughtful way.

Public health advocates need to realize that people want to feel good about what they do, not preached at or talked to about what they ought to do. Public relations firms long ago learned the lesson of appealing to Maslow's needs; Maslow's hierarchy of social needs purports to understand others' motivation by appealing to their underlying five basic needs: physiological, safety, love/belonging, esteem, and self-actualization. In other words, you cannot just cite statistics to get people to drink or not drink soda; people and emotional appeals will make the difference though. The case studies in "Soda Politics" support that assessment. Reading this book will assist those on that journey.

Although Dr. Nestle clearly feels a great deal of animosity towards the soda industry, I would argue that with successful, thoughtful advocacy, it might be possible to find solutions that create a better future for us all, industry included. For instance, Pepsi has been helping farmers in North Carolina grow chickpeas for hummus in its partnership with Sabra. (A more detailed article could be written examining that enterprise too; however, I feel it is much better to have farmers growing chickpeas than tobacco for cigarettes!)

Jennifer Cadenhead is earning a master's degree in nutrition and public health and doing her DI at TC. Alleviating hunger and health disparities are among her interests.

IS MILK BETTER THAN WATER AT KEEPING YOU HYDRATED?

By Lela Swartz

Although drinking water is a healthful habit, there may be other good ways to stay hydrated. A [recent study](#) in the *American Journal of Clinical Nutrition* concluded that whole milk, skim milk, oral rehydration solution, and orange juice may be more hydrating than water.

The study, conducted at three universities in the United Kingdom, tested the urine output and fluid balance of 72 healthy men after drinking certain fluids. Thirteen fluids—still water, sparkling water, cola, diet cola, a sports drink, an oral rehydration solution, orange juice, lager beer, hot black coffee, hot black tea, cold black tea, whole milk, and skim milk—were assessed. Each participant was tested four times, each time with a different fluid and on a separate occasion. Every participant was tested with water. Prior to ingesting each fluid, participants completed an overnight fast and were in a state of euhydration (a normal state of body water content). Participants were instructed to drink one liter of an assigned fluid over a duration of 30 minutes. The participants' urine outputs were then assessed immediately after ingestion and every hour for four hours.

Based on the average urine output caused by each fluid two hours after ingestion, the study authors developed a beverage hydration index, the belief being that more urine output means less hydration. Each fluid on the index has a number relative to 1.0, which represents the hydrating capabilities of water. Whole

milk, skim milk, orange juice, and oral rehydration solution have values around 1.5 and were found to be significantly more hydrating than water. Interestingly, the drinks deemed most effective at maintaining fluid balance were also the drinks with the highest macronutrient and electrolyte content.

Identifying drinks that promote fluid retention and maintain fluid balance is especially useful for situations in which bathroom breaks or access to fluids is limited. Examples include long car or subway rides, hikes in remote areas, long exams, and certain jobs.



Although this study is insightful, we should not say good-bye to our water bottles based on the results of this one study. More research is needed to corroborate the findings. Future studies should assess different fluids than those assessed in this study and should use a more diverse population of participants. Furthermore, when deciding which hydration fluid is best for an individual, it is important to also consider how the nutritional profile and caloric content of the drink fit into that person's overall diet. Until we know more, water should still be the beverage of choice!

Reference: Maughan RJ, Watson P, Cordery PA, et al. A randomized trial to assess the potential of different beverages to affect hydration status: development of a beverage hydration index. *American Journal of Clinical Nutrition*. 2015;103(3):717-723.

When Mexican Cuisine Is Not What You Knew

By Casey Lubber

For many cuisines there are two versions: the authentic cuisine of a country served in homes and at local eateries, and a gastronomically elevated version that has transformed a country's daily fare into a luxurious, inventive—oftentimes expensive—meal. French and Italian are thought to be the most commonly “transformed” cuisines, creating a dining experience that only slightly resembles the traditional foods of those countries. Many people only know Mexican food to be tacos, guacamole, and Coronas—simple dishes that would be difficult to pass off as fine dining.



Enrique Olvera has made it his mission to convince you that Mexican food is worthy of the white linen tablecloth style of dining while staying true to the essence of Mexican culture and culinary history.

Chef Olvera was recently featured on the Netflix series “Chef's Table,” which went inside the kitchens of his restaurants Pujol and Cosme in Mexico City and New York City, respectively, to see how his passion for real Mexican ingredients is transformed into works of art. Throughout the episode, you can see that Chef Olvera draws much of his inspiration from small villages and farms in the southern Mexican state of Oaxaca, a place I had the pleasure of living during a semester abroad in college. Oaxaca, much like Enrique's cooking, dispels one's naive notions about Mexico and introduces you to a cuisine and culture that tourists will not find on a trip to Cancun. And so it was only a matter of seconds after I finished watching “Chef's Table” that I knew I needed to make a reservation at Cosme to experience the one-of-a-kind smells and flavors of Oaxaca and Mexico once again.

Being the “foodies” that we are and having waited a month and a half for our reservation, we already had a good idea of what we were going to order. Alongside the arrival of our first round of drinks was a sample of house-made tortilla chips and a pumpkin seed salsa verde, a salty and savory delight.

We luckily were dining with some deep pockets that night and did not hold back in our ordering. My dining partner persuaded me to get the tuna tostada, which was not a disappointment. Sharing a tostada is messy work, but so worth it when you're shoveling bits of crunchy tortilla, creamy avocado, and silky fresh tuna into your mouth. We also shared the blue shrimp a la veracruzana—a ceviche dish of sorts peppered with slivered olives and avocado.

When I lived in Mexico, the biggest meal of the day was around 2:00 p.m., served by the host family, and then we

were left on our own for dinner. One of my favorite late-night meals to grab from a street vendor was a tlayuda—a massive crispy tortilla topped with meat, grilled vegetables, and of course, the stringy Oaxacan cheese, quesillo. I was experiencing insane levels of nostalgia when Chef Olvera's tlayuda with fava bean puree, farmer's cheese, peas, and poached egg was delivered to our table next. A unique Mexican street meal + local, seasonal vegetables = heaven!

On “Chef's Table,” Chef Olvera introduces us to the Mexican “mother sauce,” mole—a rich, chocolaty, spicy, smooth sauce that is a labor of love. My host mother only made mole for fiestas, starting it early in the morning. It required constant vigilance and taste tests. Chef Olvera takes his mole to another level at Pujol, where he has been tending to the flavors of his mole for over 300 days! This sauce is ladled onto a plate, with only fresh corn tortillas provided for dipping. Sadly, I am not in Mexico City, but the soft shell crab with yellow mole at Cosme was just as transformative and special as I imagine the mother mole to be. To go with the mole, we ordered the beef short ribs with charred garlic scapes and cipollini onions, another riff on classic Mexican market food.

Possibly the most inventive showcase of Chef Olvera's talents is his signature dessert. In Mexico they say “sin maiz, no hay raiz,” meaning “without corn, we are no race.” Corn is integral to Mexican culture, representing the livelihood of so many people, and is a dietary staple. The husk meringue and corn mousse was an indescribably delicious end to our meal. Chef Enrique masterfully captured the essence of the corn husk and silk by whipping their flavors into egg whites, creating a crusty meringue shell filled with the sweetest, velvety mousse that tasted of cold corn soup.



We didn't want the meal to end, but it did so happily, along with small “allegrias,” or Mexican sweet snacks of popped amaranth and honey. Chef Olvera made us believers in the ability to raise Mexican cuisine to the level of fine dining, and has convinced the world of the same, as Pujol is consistently rated one of the top restaurants in the world. If you have the chance to eat at Cosme, or travel to Mexico City or Oaxaca, you should, knowing full well that you are experiencing something special that comes so deeply from the heart and land of Mexico.

RECIPE CORNER: SUMMER SWEETS

Hold on to the last few days of summer with a refreshing and tangy key lime pie with a twist! This frozen vegan dessert is loaded with nourishing ingredients like avocado, cashews, almonds, coconut, and dates to satisfy your sweet tooth in a healthy way. Ginger, turmeric, and spirulina take this pie to the next level by creating a zesty lime green color that pops and delivers a nutrient-packed punch!

— Melissa Scheuerman



Vegan Key Lime Pie

Ingredients

Crust:

- 2 cups raw almonds
- 1 cup shredded coconut, unsweetened
- 2/3 cup pitted dates
- 2 Tbsp coconut oil
- 1 Tbsp agave nectar*
- 1 tsp ginger powder
- 1/4 tsp vanilla
- 1/4 tsp salt

Filling:

- 2 cups raw cashews
- 1 avocado
- 1 cup coconut milk
- 3/4 cup lime juice
- Zest of 1 lime
- 2/3 cup agave nectar*
- 2 Tbsp coconut oil
- 1/2 tsp vanilla
- 1/4 tsp salt
- 1 tsp turmeric powder (optional)
- 1 tsp spirulina powder (optional)

* Maple syrup or another liquid sweetener can be substituted for agave nectar.

Directions

1. Make the crust: Add all crust ingredients to a food processor and pulse until the mixture is finely ground, sticky, and holds together when pinched. Press into a 9-inch springform pan, pressing the crust across the bottom and up the sides of the pan.
2. Make the filling: Combine all the filling ingredients in a blender and blend until smooth. Pour filling over crust and freeze overnight or until solid.
3. To serve: Allow pie to sit at room temperature for 30 minutes before eating to soften to a creamy texture. Enjoy!

