

SPRING  
2020

NUTRITION NEWSLETTER

# THE GRAPEVINE

TEACHERS COLLEGE, COLUMBIA UNIVERSITY



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## Men in Dietetics

By Juan Castillo, Rodney Martinez, Peter Pace, Vinny Panza and Evan Shaulson

Juan Castillo - One of the first things I noticed during Teachers College Orientation in 2017, was the lack of men in the nutrition program. It was hard to go unnoticed. In fact, I remember sitting in *Advanced Nutrition* when a classmate told me something to the effect of, "You're the only guy in here," to which I replied, "I'm keenly aware." The male/female contrast felt strongest during some *Nutrition and Human Development* classes when I felt like I had nothing meaningful to contribute because of my maleness. While this gender imbalance has the potential to be isolating, our group is largely welcoming, and for that I'm thankful. I've been very fortunate to find a thriving combat sports community in NYC, like the Columbia Brazilian Jiu-Jitsu Club, to make me feel even more at home. Grappling with the same sweaty guys every week has a way of bringing a real sense of balance to any gender asymmetry I might otherwise experience.

At the risk of sounding too stereotypical, I think drawing more men into the field of nutrition starts by connecting nutrition with athletics and independence. There is a feeling of empowerment when you can detect nutrition facts from myths. Some of the classes I most thoroughly enjoyed had an athletic focus, like *Seminar in Sports Nutrition* and *Neuromotor Responses and Adaptations to Exercise*. The latter class, which is part of the Applied Physiology program, was much more gender balanced.

I've seen a trend toward more men in the fitness industry earning nutrition credentialing, and thankfully, I think it will continue growing. We can capitalize on these trends by showcasing the intersection between nutrition and athletics in promotional

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## LETTER FROM THE EDITOR

Dear Students, Faculty, Alumni and Staff,

The past few months have been unprecedented. There is no guidebook for such a time and I have felt so lucky to be part of the TC community. Despite that classes have moved online, I still feel connected to both my classmates and teachers. It's comforting to see everyone over Zoom safe at home. When everything around us feels so unknown, dangerous and daunting, I feel a rush of relief in knowing I still have my classes and a degree to work towards.

While this Spring issue does include advice for living during coronavirus, it's not the central focus. Prior to this pandemic, I thought a lot about how the field of nutrition and dietetics is so female dominated. Historically, women as a whole have been more concerned about their diets and body image than men. However, climate change and social media are strongly impacting the way we eat. Healthy eating now transcends genders, but it's still so unattainable for most of the population.

In a class of 30 students in TC's Program in Nutrition, only a few are male (all of whom are in the NEP program). I imagine this to be lonely and sometimes confusing; perhaps it begs the question, "can I be a dietitian if I'm a man?" Of course, the answer is yes. But if in their shoes, I know that's how I would feel. I wanted to learn more about the men in TC's Program in Nutrition. To learn how it feels to be in a female-dominated field, what inspired their passion for dietetics and how they think the field can draw in more men. I had the honor of interviewing Mark Bittman over the phone; I found it fitting to feature him in this issue. While not a dietitian, Bittman is currently Special Advisor on Food Policy at Columbia University's Mailman School of Public Health, where he teaches and hosts a lecture series. His writing has helped reveal the connection between food and agriculture, and climate change.

I want to thank everyone who contributed to this issue. I hope that this provides a nice respite from the current state of affairs. I wish everyone health and safety, and look forward to the day when we can sit down in class together again.



Sincerely,

Caroline Markowitz

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# Fresh Off the Vine: Events and Announcements

Do you find yourself rolling your eyes at people's grammar mistakes? Are you looking for an exciting opportunity to be more involved with the Program in Nutrition's faculty and students? You're in luck! **The Grapevine is looking for its next Editor-in-Chief.** No prior experience needed! This is a great opportunity for anyone who craves creativity and is interested in health writing, editing and gaining experience in overseeing a quarterly publication. Please email me if interested!

[cfm2139@tc.columbia.edu](mailto:cfm2139@tc.columbia.edu)

- Congratulations to **Noor Alawadhi** who recently (and successfully!) defended her doctoral dissertation in the Program in Nutrition!

## Coronavirus PSAs

By Jamie Gershel

Many of us still living in New York City, the US coronavirus epicenter, have experienced devastation. In early March my parents, both of whom are doctors, shared the horrors occurring across NYC emergency rooms. The Trump Administration and American press were failing to report much of what I heard from the frontlines. Feeling scared, depressed, and angry, I channeled these emotions into art. I am by no means a creative person; the world of dietetics speaks to me because I enjoy analytical thinking and science. However, using the tools available on Canva, an online graphic design website, I designed and shared graphic art on Instagram. Every day I posted a graphic with a tip including why it's essential to stay inside and how being a "couch potato" is saving lives like a superhero.

My friends and Instagram followers shared a wealth of feedback. Many felt my posts were more informative than the CDC and Coronavirus Taskforce information. Moreover, the graphics are fun and convey a message without creating a sense of despair. All in all, it was an excellent way for me to become comfortable with Canva, learn to leverage social networks to help spread factual scientific information, and try to make a difference during this time in which so much feels out of our control.

**DID I SAVE HUMANITY TODAY?**

**DID I GO OUTSIDE**

- YES**: Did I talk to anyone?
  - YES**: oof. did you wash your hands
  - NO**: Great! please wash your hands and your clothing
- NO**: Hooray!! You helped stop the spread of covid-19

You probably did not stop the spread of the virus  
Stay inside unless necessary to go outside (i.e grocery or pharmacy)

But stay inside it helps stop the spread of corona.

I hope you all are watching, listening and learning from us.

What If I told you: you are going to get into a car accident, but if you wear your seatbelt you will live. You'd wear your seatbelt right?

What If I told you: you reduce your risk getting COVID and serious illness if you stay in your house. You'd stay in your house right?

stay inside, it saves lives

**COUCH POTATO SUPER HERO**

**STAY INSIDE IT SAVES LIVES**

*(continued from cover)*

materials, presentations, and social media. Likewise, independence was an important factor in my decision to study nutrition. Gaining the knowledge to confidently navigate the deluge of nutrition misinformation in the mainstream has been empowering. Expanding our curriculum to include culinary skills would further enhance my independence; it's something I am still interested in today, even as I near graduation. Overall, I think a program that teaches clinical nutrition, its relevance to athletics, and practical implementation in kitchen food preparation, would appeal to, but not limited to, men.

*Rodney Martinez* - Prior to beginning TC's NEP Program, I hadn't thought much about being in a field comprised predominantly of women. Given that my interest in the field began in high school with reading *Men's Health* magazine coupled with the fact that diet matters to everyone, I hadn't made an association between nutrition and gender. At Lehman College, where I completed my undergraduate degree in Nutrition and Dietetics, I attributed this disproportion to the fact that much of my program overlapped with Nursing, a historically female-dominated field. Throughout my time at TC, however, I have realized the unmistakable connection between women and dietetics. I distinctly recall glancing around the room during student orientation and quickly noticing the elephant in the room.

This newfound realization of the female-centered history of dietetics made my introduction to the first male dietitian, Captain Claud Samuel Pritchett, stand out. An article in *Food, Nutrition and Behavior* briefly mentioned Pritchett. When I was

approached to write an article for *The Grapevine* about men in dietetics, I felt this was a good opportunity to explore his life. Save for a few old newspaper articles and the occasional mention, Pritchett's life was rather undocumented.

In the early 1930's, an all-female American Dietetic Association (ADA) turned Pritchett away, advising that he seek career opportunities elsewhere. With persistence, he eventually secured a position in an approved hospital dietetics course; in 1936 he was finally granted ADA membership. Pritchett helped plan menus for army troops both at home and abroad. He co-authored a comprehensive report on beef's chemical composition for the Agricultural Research Service (ARS). The report's purpose was optimizing our troops' nutrition. In an interview for the Pittsburgh Press in October 1943, Pritchett noted, "there's a place for men in nutrition and a definite need, if they can just stand the gaff of majoring in home economics," which he did at Alabama Polytechnic. During his time as a dietitian, and before his untimely death in 1970, Pritchett worked for the Bureau of Prisons, Department of Justice, the Army Medical Center at Walter Reed Hospital, and the Quartermaster General's Office in Washington D.C.

The field of nutrition has grown immensely since its humble beginnings in home economics. More men are realizing this and getting involved. Nutrition is grounded in human optimization and well-being, social justice, and environmental health; as such, nutrition transcends gender-norms.

*Peter Pace* - Like many entering the world of nutrition and dietetics today, I am a career-changer with

prior higher education. But unlike many in the field, I am a man.

Any male who has ever been a student in a nutrition class has likely experienced looking around the classroom and locking eyes with the 1, 2, or 3 other men on that 1st day of class. It can be a bit intimidating for a lonely male amongst intelligent, capable, and downright amazing women. It certainly has been for me.

I was surrounded by men for most of my life. I am one of three boys, played male-dominated sports since I can remember, earned an engineering degree from Rensselaer Polytechnic Institute where the gender ratio was 3:1 male to female, and played college football on a team of over 100 men. Life as a student-athlete at the collegiate level is a full-time gig - you can imagine just how male-dominated my earlier years were.

Fast forward to today, I am the only man in a class of 20 students in *Practicum in Sports Nutrition*, one of the final classes in my MS in Nutrition & Exercise Physiology degree at TC. My interest in sports nutrition ignited my trajectory into the field 8 years ago when I first learned of the Registered Dietitian (RD) profession. It was then that I envisioned a future career as a dual asset as a sports RD and Strength & Conditioning (S&C) coach for a professional sports organization. At the time, such a role had yet to exist; it certainly does today! Nutrition and physical fitness play a synergistic role in an athlete's development. As the two fields continue co-evolving so will the male presence in the female-dominated nutrition and dietetics arena. The collegiate and professional sports world is a traditionally male-dominated field that has posed many barriers to women.

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<p>Barriers that I had not even considered until my experience at TC. Women have faced many obstacles in the sports world, especially as RDs and more recently as S&amp;C coaches. Dietitians have only recently become widely respected assets to the sports world, a fight that continues. Through my experiences thus far in a woman-dominated profession, I have had the opportunity to gain a unique perspective. This perspective has helped deconstruct my many years surrounded by machismo. For that, I am forever grateful!</p>	<p>vegetables instead of meaty protein, and I'll work to normalize the idea that it is manly to eat healthy and even become a dietitian. Right now, though, I'm more focused on what's on the slides than who is in the seats.</p>	<p>promise stability likely had something to do with their choosing against taking higher level nutrition courses, let alone a career in nutrition. That being said, these male students routinely showed an interest in the subject that I'd bet dwarfs their interest in financial modeling and business planning (but I can't speak for them). At the end of the day, I think men are under-represented in the nutrition field because of the lack of financial incentives. My experience at Penn exposed me to the fact that so much of pre-professional college culture, especially at elite universities, is centered around landing a job with a high starting salary in a field perceived to be prestigious. If more men are to be drawn to careers related to nutrition, undergraduate institutions must do more to challenge their students to pursue riskier paths that leverage their unique passions to make society a healthier and happier place.</p>
<p><i>Vinny Panza</i> - I had no idea that the field of dietetics was primarily female until beginning TC's Program in Nutrition and Exercise Physiology. There are likely numerous reasons for this trend and potential implications for the field's focus or how it's perceived. The fact that dietetics is predominantly female shouldn't really matter; science is science, right? What's important is seeking knowledge, learning how to think scientifically and analytically, and uncovering the truth. My current experience as one of the three (or so) men in a class of 30 students is less important than it is interesting. From a social-science perspective, there is probably something to be ascertained from it, but neither this nor being a minority as a male has been on my mind. What has overshadowed the fact that I'm one of a few men in the program is what inspires me to work hard at TC. That is to make a healthy lifestyle appear available to everyone, not just those with greater means. To normalize scientific conversations across all NYC-area neighborhoods. I'm driven to show kids from my neighborhood that someone who looks and talks like them can become a dietitian; this ultimately trumps my experience as a male nutrition student. While my nutrition utopia is likely a ways away, I won't stop talking about</p>	<p><i>Evan Shaulson</i> - My experience as a male in the female-dominated nutrition field lends itself to discussing why I think more men aren't drawn to the field. I credit my decision to pursue a career in nutrition with the relationships I formed during my undergraduate with two young male nutrition professors, Dr. Matt Hayes and Dr. Bart De Jonghe, at the University of Pennsylvania. My identity entering college was largely based on my identity as a competitive ice hockey player; I saw myself a "guy's guy" and mostly hung out with other athletes. I first took classes with Dr. Hayes and Dr. De Jonghe during my freshman year. I think the simple fact that I felt they both shared my values and at my age, would have had friends similar to mine, were most influential to my career-related decision making process. I would have never worked in their labs or as a teaching assistant (TA) in their classes if I didn't feel this connection. These experiences and relationships led me to TC's NEP program.</p> <p>As a four semester TA for Intro Nutrition at Penn, I find it interesting in hindsight that, at the entry level of the nutrition curriculum, both sexes were evenly represented. More often than not, the guys in Intro Nutrition were athletes studying business, taking the course because it both aligned with their interests and fulfilled their natural sciences requirement. Like most of Penn's undergraduate business students, many of those in Intro Nutrition were pursuing lucrative careers in finance or consulting. The fact that these business careers are profitable and</p>	

# FUELING TOWARDS OLYMPIC TRIALS

By Alex Morss

## *How the EXerT Clinic and NEP Program Helped Me Optimize My Diet*

This winter, I had the opportunity to train for the rowing Olympic Trials, scheduled for March 17-22, in Sarasota, FL. With the support of Teachers College, I took my classes remotely for the first half of the semester while training twice daily in Florida with my partner. Our goal was to make the US Olympic team in the lightweight women's double, which is a boat with two women scullers (each rower has two oars instead of one larger oar). Two hours before each race, a lightweight crew must weigh in at an average of 57kg (125.6lbs) with no member weighing over 59kg. Three days before racing was to begin, trials were postponed due to the Covid-19 outbreak; despite this I am extremely grateful that I was able to experience the preparation process and see the real world applications of what I've learned in the lab and the classroom at TC.

Last fall, after two years of coaching rowing at the collegiate level, I began TC's Nutrition and Exercise Physiology (NEP) program. My aim was to learn more about nutrition and training so that I could better help future athletes. Recurring rib injuries derailed my own rowing goals of making the 2016 Olympics; I wanted to help other athletes avoid making some of my mistakes (namely, overtraining and underfueling). The week before school started I coincidentally read "Lend Me Your Oars," an article about TC's EXerT Clinic and how their work helped



*Alex (front) rowing with her partner in 2013.*

a Columbia rower win the Under-23 World Championships.

The EXerT Clinic, which is in TC's Applied Physiology lab, is equipped to perform body composition, resting metabolic rate (RMR), Wingate Power, and VO2max testing. Throughout the summer, the EXerT Clinic tested rowers from New York Athletic Club. I immediately emailed Dr.

Garber to ask if I could get involved. Although I initially started in the EXerT Clinic to learn more about helping other athletes, I soon applied this knowledge to my own training. After many years of cross-training due to my rib injuries, I began rowing injury-free and racing again. By the end of the fall, I found myself in the position to compete in the 2020 Olympic Trials, something I had written off in 2014 when I stopped rowing.

The main areas in which TC and the EXerT Clinic helped were with my diet and body composition. As a lightweight rower, I have to find the balance between fueling, training, and maintaining power and energy while losing weight. The most successful lightweight rowers spend the year above race weight to build strength, then begin to cut in the 1 to 2 months prior to racing. The goal is to maintain as much lean body mass as possible throughout this process; an effective cut can play a huge role in race day speed and injury risk reduction.

Trials are formatted as a progression over 5 days, with each day's race determining the position and

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lane number for the next day's race (top-seeded crews are usually in the middle lanes). There were 9 lightweight doubles competing for the Olympic bid, and only 4 would make the final on the last day, so we had to do well in each race in order to continue progressing. This also meant that we potentially had 5 races and 5 weigh-ins, so our goal was to be reliably at race weight so that we would not have to eat less or sweat to lose weight everyday of trials.

In maintaining and cutting weight during my previous lightweight experience, I focused on calories but not macro- or micronutrient composition; as a result, I lost fat, muscle, and most likely bone mass. This go around, I focused on nutrient quality and macronutrient composition, quantifying everything. While tracking this data is not at all sustainable or something I recommend unless you have a specific goal, it was fascinating to track the progress – a bit like a scientific study. I calculated my macronutrient ratios based on readings and research from Applied Physiology II and the EXerT clinic, focusing mainly on unprocessed, high quality protein, such as Greek yogurt or sardines. I also found that Dr. Sporny's class, Nutrition and Human Development, greatly influenced my awareness of important

micronutrients. I estimated my daily caloric expenditure using my estimated RMR and additional calories burned during exercise based on my heart rate monitor. Most lightweight rowers aim to lose 1 to 2 pounds weekly, which means we must consume 1000 calories less than what we burn daily. This decreased consumption leads to a weekly deficit of 7000 calories, or 2 pounds (1 lb is composed of about 3500 calories). While this whole process was not completely linear, I felt strong and healthy. My partner and I were having fast workouts and we were both at our race weight a week prior to trials. This meant that we would not have to change our diets or sweat out extra weight in the days leading up to Trials.

While we never got to put this work to the test during racing, because the Olympics are now on hold due to Covid-19, I learned a lot about myself and compiled advice to pass on to future athletes. In the meantime, I am enjoying having a relaxed eating schedule and break from MyFitnessPal!



*Alex (front) rowing with her partner in 2013.*

# BOOK REVIEW: BREAKING DOWN THE SCIENCE OF RECOVERY

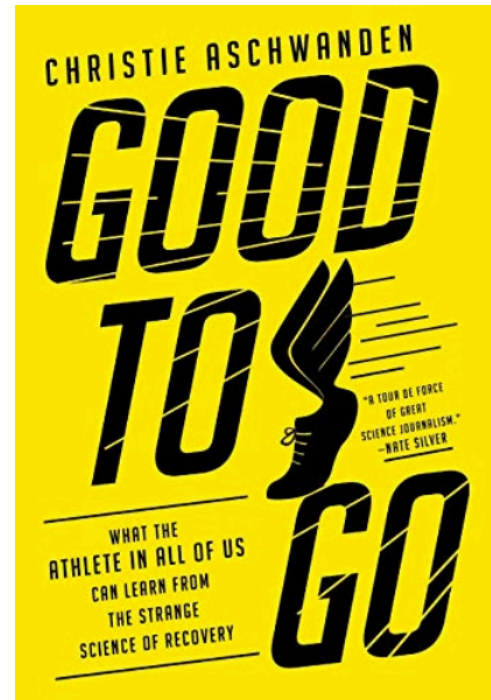
By Monica Morucci

In *Good to Go: What the Athlete in All of Us Can Learn from the Strange Science of Recovery*, journalist and former elite athlete Christie Aschwanden breaks down the science behind exercise recovery trends.

Aschwanden reviews the sports science research behind claims made by the hydration, refueling, and recovery treatment industries. These claims often promise to improve and expedite athletes' recovery after hard workouts. In one chapter, Aschwanden explains how the multibillion-dollar sports drink industry convinced the public that their products alone are necessary to prevent exercise-induced dehydration. For example, marketers in the 1970s touted Gatorade as a special tonic created by a doctor and tested in studies. She notes that almost all the sports drink studies contain small sample sizes, are designed to produce positive results, and are highly influenced by the placebo effect. In fact, this industry-led obsession with hydration has resulted in an increase in athlete deaths due to overhydration, though this still remains a rare occurrence. Simply paying attention to our thirst and replenishing sodium through our diet, Aschwanden argues, is sufficient to prevent and manage dehydration. This may be a good strategy for most of the population, but sports drinks are still useful for preventing dehydration in athletes practicing and competing in hot or humid conditions. Many products also serve as a source of carbohydrate for longer events and can make fluid intake more palatable during exercise.

Aschwanden also addresses the idea that there is one ideal recovery food and an optimum time period to refuel after exercise. Many makers of recovery foods maintain that the optimal recovery snack for endurance athletes must have a 4:1 ratio of carbohydrates to protein and be ingested during a narrow window post exercise. Aschwanden claims, however, that these ideas were based on results from preliminary studies that energy bar and protein powder manufacturers eagerly adopted. She points out how food companies used the idea of a very narrow recovery window to convince athletes that a specific recovery product was the only way to meet their needs. Who has time to prepare food when it needs to be consumed *immediately* after exercise for best results? While there is a time and a place for rapid refueling, it is not generally necessary for the average athlete. Unless you're performing multiple events in one day, a nutrient-dense diet composed of sufficient calories from whole foods should support recovery.

Multiple chapters of *Good to Go* discuss recovery methods like icing, foam rolling, compression garments, and sleep tracking. I was surprised to learn



that there is a growing movement opposing icing/ice baths after exercise. Why? Some researchers have found it inhibits the inflammatory process that may be necessary for proper muscle recovery. We know that foam rolling and compression apparel make many athletes feel good; however, research on possible mechanisms (beyond the placebo effect, of course) is still in the early stages. Less surprising, though, is the evidence supporting sleep as one of the best recovery modes

Aschwanden's opinion is strongest when reviewing the science on trendy recovery modes involving well-marketed gadgets, reminding the reader that the science is still years behind most of these products' marketing claims. While she does dive into the research on nutrition and hydration, her appraisal minimizes the role that certain food and drink products can play in athletic performance. Overall, Aschwanden sets a good example as to how analyzing scientific literature and thinking critically can debunk popular beliefs and practices.



# A PEAK INTO DIETITIANS' ROLE IN PRIMARY CARE MEDICINE

By Maya Billig

As a third-year NEP student hungry for clinical experience, collaborating with the Columbia University Dental School gave me the opportunity to counsel one patient chair-side and create several patient-specific nutrition goals. At the end of this short 2-week interprofessional commitment, I learned how diet integrates with less obvious health specializations like dentistry and presented my findings about the relationship between diet and oral health to students and faculty at Columbia's College of Physicians and Surgeons.



*Maya presenting her findings to students and faculty at Columbia's College of Physicians and Surgeons.*

Understanding that the best way to become a better counselor is to dive in head first and practice, my main goal for this experience was to improve my counseling skills. Throughout the session, I focused on maintaining proper chair-side manner and comfortable eye contact. Another goal I set was to familiarize myself with the interaction between diet and oral health.

My patient was a 51-year-old Spanish speaking female with Type II Diabetes Mellitus (T2DM). T2DM has widespread health implications, including on oral health. When T2DM is not controlled, high glucose levels in saliva feed harmful bacteria that contribute to the risk of developing periodontal disease (severe gum infection with bone destruction) and dental caries. Considering my weak Spanish background, I was fortunate that the dental student with whom I was partnered spoke Spanish. He translated our counseling session, allowing us all to work together and have a productive conversation. As we learn at TC, patients

will come from many different backgrounds; it is our responsibility not only as future dietitians but as compassionate people to emphasize the importance of culturally competent care that breaks down language or cultural barriers.

Throughout the session I completed a nutrition screening and evaluation. The patient and I discussed her medical history, weight history and dietary habits. Based on a food frequency questionnaire that focused on how often the patient consumes sugary drinks, candy, and sticky foods, I also assessed dietary caries

risk. Although I only met with this patient once, my supervisor, June Levine, and I came up with that we would have shared with the patient had we met again.

Completing the nutrition screening, diet evaluation and dietary caries risk assessment took roughly an hour, more time than expected. Dietitians are often rushed to complete essential screenings; I was thankful to have ample time to go through the materials with my patient thoroughly.

The counseling experience and partnership has greatly contributed to my professional development. Simply put, the future of healthcare is collaborative. No health care professional should be alone in administering care; we each have a different, but equally important role in caring for the patient. Through these collaborative interprofessional relationships, we promote patient-first holistic healthcare. I am incredibly honored and excited to continue pursuing a career as a dietician, in which I will not only manage nutrition-related diseases but also empower the patient to protect his or her own health.

## INTERVIEW WITH MARK BITTMAN

By Caroline Markowitz

Mark Bittman is the author of 30 books, including the *How to Cook Everything* series and the #1 New York Times bestseller *VB6: Eat Vegan Before 6:00 to Lose Weight and Restore Your Health...for Good*. He was a food journalist and columnist, opinion columnist, and lead magazine food writer at the *New York Times*, where he started writing in 1984 and stayed for 30 years. Bittman is currently Special Advisor on Food Policy at Columbia University's Mailman School of Public Health, where he teaches and hosts a lecture series called Food, Public Health, and Social Justice. He is also the editor-in-chief of [Heated](#), and is working on a book and television series titled *Animal Vegetable Junk*. His latest book, with David Katz, MD, is *How to Eat*.

### ***How do you think coronavirus will change our relationship with food?***

The imminent change has been people doing more cooking, which is great. Long term, I don't know. It's bringing up many of the issues that are not so blatant in daily life but now are. And that is - how do you feed people who don't work? How do you feed people in the food system who can't afford food a lot of the time and, now especially, since it's harder for them to work? It's just exposing a lot of contradictions about the system and we are going to have to try to answer some of these questions.

### ***At a lecture you gave on food, public health and social justice at Mailman, you recommended that people should focus on a traditional diet. The general US population may think of this as a Western Diet. I know that's not what you meant by traditional. Can you please clarify this?***

I guess by traditional I mean pre-20<sup>th</sup> century. All of the stuff that's killing us chronic disease wise is stuff that was invented in the 20<sup>th</sup> century. Sugar wasn't invented in the 20<sup>th</sup> century but by then sugar consumption had quadrupled or tripled around the world. And the 20<sup>th</sup> century is when all of the ultra-processed foods (UPFs) that we now know are not good for us were invented. So the 20<sup>th</sup> century is when food became deconstructed and when people abandoned traditional diets and started eating this new kind of American diet. It's clear that every traditional diet, and again I think that should mean pre-20<sup>th</sup> century diet, is an improvement on the 20<sup>th</sup>/21<sup>st</sup> century typical American diet. Every population that abandoned their traditional diet and moved towards American food sees a decline in their health. As people abandon the Mediterranean diet they get sicker and sicker. That's happening. And that's happening now.

### ***Do you think it will come to a point where all of this food nonsense plateaus or will it keep getting more out of whack?***

We know the answers about diet. We know what diets are good, and we know what diets are not good. We don't know every single thing and we don't know why some things are, but we can give pretty sound advice. The problem is not so much whether people know what's right or whether we can help people figure out what's right. The problem is availability of good food. I think the two main problems are, one, availability of good food - there are something like 600,000 UPFs now. And one can say that about 60% of food in the supermarket is ultra-processed. Most of it contains sugar. And then countering marketing is another thing. You can't allow marketers to basically attack children before they're born, and certainly when they're 2 and 4, and say to have a happy life you need to drink Coca-Cola and you need to eat at McDonalds. If we allow marketers to convince children of that then we're going to just continue to breed generations of unhealthy adults. So I do think the availability of food that's affordable and nutritious, and also that's grown fairly and sustainably, that's really important. But it's also important to make sure that that's the food that dominates. That that's the food people are encouraged to eat. Accessibility and affordability of good food would really help, but it would also really help to have that food be the food that is the norm for children who will then grow up to be adults, rather than allowing children or encouraging children to drink soda and eat candy for breakfast. We knew we were wrong, that we were headed in the wrong direction in the 50s, 60s and 70s. This is all well entrenched now; we're on our 2<sup>nd</sup> and 3<sup>rd</sup>, even 4<sup>th</sup> generation of grown ups who grew up eating, effectively, cookies for breakfast. And eating food that had sugar and weird added ingredients. And that that food has become normalized in the last 50, 60, 70 years, not only normalized but "the norm," that's going to be a hard thing to counter.

### ***It's so frustrating because so much of this relies on the Government...***

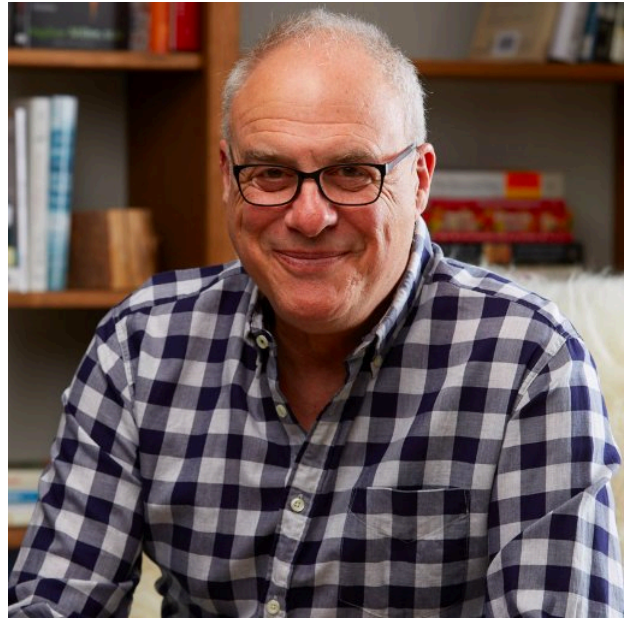
It goes back to the coronavirus conversation. If you don't have effective government, how do you fight this stuff? You need effective government in order to make progress in fighting this. It's going to start this year presumably with the presidency, but we need progressive representatives in Congress and in the Executive Branch and we need to start making laws that say we want people to eat well. We want to treat people in the food system, whether they're working in the food system or

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whether they're eaters which we all are, or whether they're farmers, whatever. They all need to be treated well, they all need to be concerned about food and the environment, food and climate change, food and nutrition; these are top priorities. The virus, it's not clouding the issues so much, it's obviously primary right now, but there have been crises before, there are always crises. There was a financial crisis in 2008, there was a global political crisis in 2001, and so on. This is a crisis for sure, but the food crisis is ongoing. And you know, I don't need to tell you this, but it's still true that more people are going to die of the effects of bad diet this year than are going to die from coronavirus. More people are going to die from diabetes, which is 95% preventable, and the effects of diabetes, then are going to die from the coronavirus. It's bad enough that nothing's being done about coronavirus, but nothing's being done about diabetes either. And it's a longer standing problem. There's going to be a vaccine for coronavirus within 2 years, let's say, but what's being done to prevent diabetes in this country? Almost nothing.

***You made such an impact revealing how food and climate change affects health, but you do it in a way that is very common sense, simple, no BS. When you started cooking and writing about food, when did your concern about the environment and people's health begin? Or was that innate?***

No it wasn't. I was an experienced activist through most of the 70s. I prided myself in seeing the kind of interrelation among things. We talked about how the environmental movement, the women's movement, the anti-racial movement, the anti-poverty movement and so on were all interrelated. But I didn't think about food, food wasn't even part of the conversation. It's funny there wasn't even really a discussion about the environment or health until *Diet for a Small Planet*, which was groundbreaking. It really wasn't part of the conversation. When I started writing about food which was in 1980, I didn't really see a way to tie food into the rest of this conversation, but I did think that it was interesting and noble to make a living writing about cooking. I thought, "well if I can get people to cook from scratch and not cook all this crappy foods, or not eat all the crappy foods that's out there, that's a pretty good thing to do." And then it really took another 15 years, even closer to 20 for me to realize that the writing was on the wall. People were talking about climate change and it was clear that agriculture had an impact on climate change, and people were starting to write about that stuff more. Really in like 1998/99, I decided to write *How to Cook Everything Vegetarian*, not because I wanted to be a vegetarian, or even was particularly interested in



Mark Bittman, <https://www.markbittman.com/about>

vegetarianism, but just because I thought as a part of my professional development I should know more about vegetarian cooking. So I did that and by the time I finished it was more clear than ever that people were going to have to adapt – Americans were going to have to adapt their diet. And eating huge amounts of junk food and huge amounts of industrially produced meat is not going to work long term. That kind of shift was gradual and it continued until I wrote my first piece about food and the environment – it was a piece that ran in 2008 in the Times. It was headlined "Rethinking the Meat Guzzler,"\* That's been more or less the focus of my writing since then. I still obviously write about cooking and I love to write about cooking, and I write about other things too. But the intersection of food, agriculture, public health, the environment, climate change, and then also labor, workers in the food chain, (all of that's an important aspect too), but that intersection of all of those issues is certainly enough for me to work on for the rest of my life.

***Do you have answers on how to affect the marketing?***

If there was a magic wand it would be pretty simple to say what the big changes could or should be. But since there isn't a magic wand you have to talk about incremental changes. So then the question becomes what are the sort of reasonable first steps that you could think about getting through state or legislature that will start to change the food system for the better and hopefully show people that this is the direction we want to take? Can you put some kind of stricter regulations on how animals are raised in confinement? That should be possible. Can you limit the way that food is marketed to children? Soda taxes are one thing. But can you say

\*"Rethinking the Meat Guzzler," Jan. 27, 2008

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children can't buy sodas without an adult until they're 14 or 16? Anything like that. Can you say that there's no television or screen advertising of junk foods to children? Can you get some of those very rudimentary, fundamental regulations passed so that you can then see 5 years later say that, "oh wow, look soda taxes actually improve public health." We're seeing that. Can you get some of the very basic/rudimentary stuff passed so that people can say, "oh look, the rates of diabetes or obesity are going down, that seems to be correlated with when we started a junk food tax or when we banned advertising of junk food to children, or wouldn't let children buy soda without adult permission." And then you can say, well look we made these very fundamental, quite primitive, obvious rules – what's the next step? Maybe the next step is...whatever it is. You can't just say we're going to ban raising animals in confinement, but you can maybe say we're not going to allow routine use of antibiotics in raising animals in confinement and then take it from there.

***Dietetics sometimes feels like a Band-Aid because so many of these chronic diseases you're helping people with are preventable. You have to first get so much policy work done...there is so much misinformation and a lack of education. It's a hard cycle.***

Here's the thing, you could talk about food or you could talk about income inequality or you could talk about racism or you could talk about anything you want to talk about. It's going to come down to a couple of things. One is people need to organize and talk amongst each other and recognize what the issues are, what the problems are, what potential solutions are. And the second is the country still has the potential to be a democracy. But it's not a democracy unless people make it a democracy. So no matter what the issue is, food is a very important issue, public health is obviously a very important issue, gun control is an important issue, income inequality, racism and so on, they're all the result of having an unfair, inequitable system. And that's what we have to fight against. You can't really address the food issues in a vacuum, you can't address diabetes in a vacuum, you can't address pesticide abuse in a vacuum, none of it. It doesn't really matter what issue you choose to work on, they're going to all come together in the end anyways.

***What's your level of optimism for our country in combating climate change?***

Really low. But look, you could give up. I'm 70, I could stop paying attention. You can't – I wouldn't give up hope and I wouldn't stop fighting. Because one of the things that's most interesting to me is to try to make the world a better place and to not let it sink into the worst

possible place. The more people who feel this way and the more people willing to work towards that the better.

***What advice do you have for someone of my generation who wants to make a difference?***

Well I think it's very similar to the last thing I said. I don't think it matters what you do. If you bring passion to making the world a better place, it's going to work no matter how you focus that passion. If you're a teacher, if you're a lawyer, if you're a journalist, if you're a farmer, even a cook, you're going to be able to make a difference if you're paying attention and focused on making positive change.

***Is there anything you ever wish you wrote about or pursued that you haven't yet?***

I wish I had started writing about this stuff a little bit earlier, but ok, that's too late. I'm finishing a book that's mostly about this conversation. So that's good. And then I think I might like to talk about (it's going to sound so sophomoric and juvenile in a way, but that's ok) how to make the world a better place, not just from the perspective of food but from all perspectives. What a future that's an optimistic, hopeful future might look like and how we might get there. And I don't really have much more to say about it than that because I've been focused on this food book. But utopia has been a fantasy of many people since the Greeks and probably before that too, and we are, by every measure except for the measure of our lifespans, a very young species. We really did not understand the world at all until the 15<sup>th</sup>, 16<sup>th</sup> century and we have only started to understand it well now. We know that we hold the power over our own survival – do we want to survive and thrive or do we want to make ourselves extinct or at least miserable? Everybody would say we want to survive and thrive so how do we act if that's the case. In a way it's similar to asking how do we make this country the country that we say it is? How do we make it a government that's of the people by the people for the people? How do we do that? That's what we say this country is. Well it's not. How do we get to a place where it is what we say it is? That's an important question. And then how do we get the world to a place where it is what we'd like it to be? Because we have the power to do that. Or at least the power to move in that direction. And right now we're not doing that.

# EATING HEALTHY ON A BUDGET

By Amity Lui



<https://www.bbcgoodfood.com/howto/guide/eat-your-way-fabulous-skin>

Eating healthy often has a reputation for breaking the bank. As a student, life is not cheap; our expenses can rack up quickly, especially from food. Most of our bills are fixed, but food is a highly variable expense. We all need to eat; for many of us, good food leads to a good mood. Eating healthy may seem harder than ever as covid-19 requires that many of us home quarantine. This can take a toll on our dietary habits, whether from emotional eating, disruptions in the food supply, sudden financial challenges, or a lack of motivation to continuously cook. Nourishing our bodies with nutrient-dense foods has many benefits, including providing us with sufficient energy to power through the day and bolstering our immune systems. However, eating healthy on a budget can be difficult, especially when we're new to the idea.

First, make a plan. Start by setting a weekly grocery budget. When life returns to normal, you can also make another, separate budget if you commonly eat out. Next, write down (or make mental note of) what you have in your pantry before shopping. Create a general meal plan that contains whole grains, fruits and vegetables. Here are some ideas: a breakfast oatmeal bowl with fruit, a balanced salad for lunch, and a pasta dish with vegetables and protein for dinner. Fresh/dried fruit, nuts, yogurt, or hummus with vegetables are great snacks. Now that you have an idea of how much to spend and what you need to buy, it's time to go grocery shopping or place an online food order.

## Tips for eating healthy on a budget:

- **Eat locally and seasonally\***: the farmer's market is the perfect place to do so and it cuts out the middleman (shipping and distributing), which is better for you and your wallet! Your food doesn't have to travel as far, and you know exactly where it comes from.
- **Save your stems**: practice using the whole food: save your carrot tops, beet greens, kale stems, or any other vegetable stems for stir fries, soups, smoothies. Freeze it for later use! Frozen foods work best in casseroles, soups, and stir fries as freezing will alter the food's texture. This both reduces food waste and saves money!
- **Grow your own herbs**: fresh herbs can be pricey; it's common to only use a fraction of the herbs in a bunch upon purchase. Grow your favorite herbs on the kitchen windowsill to harvest at any time and prevent waste! Some of my favorite herbs are basil, rosemary, cilantro, and mint. Not only do they smell great but also add a pop of color to your kitchen.
- **Buy frozen**: frozen produce is often picked at peak ripeness and flash frozen to preserve its nutrients. Plus, you get to enjoy your favorite fruit or vegetable year round!
- **Purchase select items from online retailers**: online sites like [Thrive Market](#) or [Vitacost](#) offer great deals on dry goods that land right at your front door. It's like Costco meets Amazon!

*\*Please check with your local farmer's market for adjusted hours or services during this time.*

# WFH TAKES ON A NEW MEANING: WORKOUT FROM HOME

By Mel Spinella

Coronavirus has had devastating effects on so many lives. Those lucky enough to stay healthy have had to adopt to new, quarantine-approved exercise routines. It's important to continue exercising during this time as mild to moderate regular exercise helps boost the immune system. Additionally, exercise can improve mental health as it helps reduce stress and anxiety.

Fortunately, there is no shortage of available at-home workouts. Almost immediately following the social-distancing recommendations enacted in March, workout studios adopted online formats; some instructors even began streaming free workout classes on Instagram and YouTube. Certified personal trainers, too, began posting at-home workout videos and routines. No matter what kind of exercise you prefer - gym workouts, dance classes, boxing classes, etc. there is an option for you!

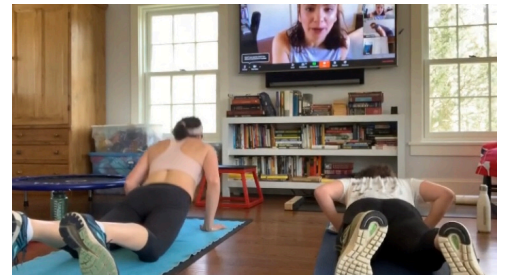
Rather than view this quarantine as an inconvenience to your fitness routine- view this as an opportunity. This is an opportunity to perfect your form for your favorite workout or experiment with new types of exercise classes. You have the luxury of being able to complete any type of exercise in the comfort of your own home, so take advantage!



*Abigail Colten bikes with her family in Westchester, NY.*



*Elizabeth Bradley (Cassie) and her roommate practice rooftop yoga in Brooklyn.*



*Caroline Markowitz and her sister take a live Zoom Fbitting Room class.*



*Mel Spinella practices yoga.*



*Lydia Carron doing a weighted mat workout.*



*Alexia Weigandt-Rohde cycles on her bike trainer at home in Mexico City.*

If you are in a less-populated area, you can also exercise outside. If you do choose to exercise outdoors, make sure to practice social-distancing by staying six feet away from others.

While there are a variety of free trials and free workouts being offered, also understand that this is a challenging time for all fitness studios. If you have a fitness studio that you love and are able to, consider purchasing a gift card to that studio or an online membership to help support them during this difficult time.

In addition to the below workout information, Sweats & The City posts a daily schedule of live workout classes to [@sweatsandthecity](#) and [website](#).

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## Here are some of the many workouts you can do at home:

Workout Type	Studio/Trainer	Workout Details	Where to Find Workout/ Schedule	Offer
Gym Workouts	Kayla Itsines	Requires only the space of a yoga mat	<ul style="list-style-type: none"> <li>•Workout Plans <a href="#">here</a></li> <li>•<a href="#">@kayla_itsines</a> &amp; <a href="#">YouTube</a></li> </ul>	N/A
	<a href="#">@rachaelsgoodeats</a> <a href="#">@foodfitnessandfaith</a>	<ul style="list-style-type: none"> <li>•RDs and NASM CPTs</li> <li>•Equipment-free exercises</li> </ul>	<a href="#">@rachaelsgoodeats</a> <a href="#">@foodfitnessandfaith</a>	Free
Boxing <i>*use canned goods as “weights” to amp up your boxing routine</i>	Rumble	Live-streams one workout daily	<ul style="list-style-type: none"> <li>•<a href="#">@doyourumble</a></li> <li>•Posted to Instagram TV (IGTV) channel</li> </ul>	Free
	Shadowbox	<ul style="list-style-type: none"> <li>•Live classes on Instagram daily</li> <li>•60, 45, 30 min workouts</li> </ul>	Live-streamed <a href="#">@sbx_boxing</a>	Free
HIIT/ Strength Training	Barry’s Bootcamp	Live multiple workouts daily	<a href="#">@barrys</a> and posted to IGTV	Free
	SoulCycle	Various “off the bike” workouts	Live-streamed <a href="#">@soulcycle</a> instructors’ Instagrams	Free
	Orange Theory	Body weight workouts	<ul style="list-style-type: none"> <li>•<a href="#">@orangetheory</a> IGTV</li> <li>•<a href="#">Orange Theory YouTube</a></li> </ul>	Free
	Fhitting Room	<ul style="list-style-type: none"> <li>•On-demand classes</li> <li>•Over 12 live Zoom classes daily (bodyweight, dumbbell or kettlebell)</li> </ul>	<ul style="list-style-type: none"> <li>•<a href="#">Fhitting Room On- Demand Classes</a></li> <li>•<a href="#">Fhitting Room Live Classes</a></li> </ul>	<ul style="list-style-type: none"> <li>•Free 30-day on-demand trial</li> <li>•\$20 Zoom classes</li> </ul>
Dance	305 Fitness	Two live workouts daily (12pm & 6pm EST)	<ul style="list-style-type: none"> <li>•<a href="#">@305fitness</a></li> <li>•<a href="#">305 Fitness Youtube</a></li> </ul>	Free
	Dance Body	<ul style="list-style-type: none"> <li>•Live daily classes</li> <li>•Pre-recorded workouts</li> </ul>	<a href="#">Dance Body Online Studio</a>	1-week free trial
Yoga	CorePower Yoga	<ul style="list-style-type: none"> <li>•Pre-recorded yoga classes</li> <li>•Yoga Sculpt (YS) requires light weights</li> </ul>	<a href="#">CorePower Yoga Online Studio</a>	Free
	Y7	Live-streamed yoga classes	<ul style="list-style-type: none"> <li>•<a href="#">@y7studio</a></li> <li>•Posted to IGTV channel</li> </ul>	Free
Lagree	Solidcore <i>*substitute towels for sliders</i>	•Several 15-20 minute at home workout videos	<a href="#">@solidcore</a> IGTV channel	<ul style="list-style-type: none"> <li>•Free IGTV videos</li> <li>•\$15 virtual classes</li> </ul>
Barre/Pilates	Physique57	<ul style="list-style-type: none"> <li>•Live workouts on Instagram</li> <li>•On-demand classes on their website</li> </ul>	<ul style="list-style-type: none"> <li>•<a href="#">@physique57</a></li> <li>•On-demand at <a href="#">Physique57 Online Studio</a></li> </ul>	<ul style="list-style-type: none"> <li>•Free live-streamed</li> <li>•7-day free trial for on-demand</li> </ul>
	The Bar Method	Live barre workouts	<a href="#">The Bar Method Facebook Page</a>	Free
	P Volve	<ul style="list-style-type: none"> <li>•Short videos to master your form</li> <li>•Equipment and no equipment workouts</li> <li>•On-demand workouts for all fitness levels</li> </ul>	<a href="#">P Volve Online Studio</a>	14-day free trial
Other	The Class by Taryn Toomey	<ul style="list-style-type: none"> <li>•Several live classes daily</li> <li>•On-demand classes</li> </ul>	<a href="#">The Class Online Studio</a>	2-week free trial
	Obe Fitness	Various workouts: cardio- & strength-based, yoga/ stretching	<a href="#">Obe Fitness website</a>	7-day free trial
	Peloton	Live and on-demand classes, various workouts	<a href="#">Peloton App</a>	90- day free- app trial
	ClassPass	On-demand classes for various workouts	<a href="#">ClassPass website</a>	Free
	Nike Training Club	Various workouts taught by Nike Master Trainers	<a href="#">Nike Training Club App</a>	Free

# RECIPE CORNER: GRANOLA

*This homemade steel cut granola is minimally-processed, high in fiber, and nutrient-dense. It's quick and easy to make and great to have on hand as a snack, eat as cereal or add to your yogurt, smoothies or chia pudding. - Katie Ippolito*

## Granola

### Ingredients

- 2 cups steel cut oats
- 1/4 cups whole flax seeds
- 1/4 cups chia seeds
- 1/4 cup chopped nuts (I use pecans and walnuts)
- 1/4 cup pumpkin seeds
- 1/4 cup chopped dates (or other dried fruit)
- 1 tablespoon cinnamon
- 1/4 cups maple syrup
- 1/8 cup honey
- 1/4 cups water
- 1/8 cups coconut oil (or olive)
- 2 tsp vanilla extract

### Directions

1. Preheat oven to 325
2. Mix oats, flax, chia seeds, nuts, seeds, and cinnamon in a large bowl (leave out dates)
3. Melt coconut oil, then mix with maple syrup, water, honey, and vanilla extract
4. Add wet ingredients to the dry ingredients and stir
5. Bake in a greased cookie sheet for 15 minutes
6. Stir in chopped dates
7. Bake for 5 minutes (or until slightly brown - granola will bake more while it cools)



Katie tops chia seed pudding with her homemade granola.

*Chia seeds, one of the ingredients in this oatmeal, are a complete plant-based protein, containing all 9 essential amino acids. They're loaded with minerals (calcium, iron, magnesium, phosphorus), soluble fiber, antioxidants and omega-3 essential fatty acids. These micronutrients are important for bone health, may reduce inflammation, improve digestion, increase satiety, manage blood sugar, and support brain and heart health. You may recognize chia seeds as a modern-day "superfood;" however, they have been recognized for thousands of years. Chia, the ancient Mayan word for "strength," was a dietary staple in ancient civilizations, known for its ability to provide sustainable energy.*

*- Katie Ippolito*