

Food and Nutrition Club Newsletter

Human beings do not eat nutrients, they eat food. -Mary Catherine Bateson



Hello Everyone!

Welcome back! This spring, the Food and Nutrition Club has a lot to offer our LaGuardia community so we hope you enjoy!

The month of March is Women's History Month and NYC Parks is hosting events throughout New York to celebrate girls and women in sports on March 8th. March is also National Nutrition Month! We are celebrating this special month at LaGuardia through multiple events such as film viewings and our annual event in the E-Atrium on March 26th. Information on our film viewings is on Page 2. Additionally, in this issue of Nutrition Myths Debunked, we evaluate the Gluten Myth. There's a lot of confusion out there regarding gluten, so helpfully we can clarify for some!

We wish everyone a fantastic spring! Good luck this semester!

Best,
Deborah Adamo
President

Calendar

- March 12**.....Registered Dietitian Nutritionist Day
- March 13**.....*A Place at the Table* Film Viewing
- March 15**.....American Diabetes Association Expo
- March 17**.....St. Patrick's Day
- March 20**....*Weight of the Nation: Part 1* Film Viewing
- March 26**.....National Nutrition Month at LAGCC
- April 5-6**.....Just Food Conference 2014
- April 14-22**.....Spring Break-No Classes

The American Diabetes Association's annual Expo at the Jacob K. Javits Convention Center will be held on Saturday, March 15. The EXPO is FREE and includes health screenings, cooking demonstrations, product and service exhibitors, as well as leading experts talking about diabetes management, research and prevention. Get the latest information on preventing and managing diabetes and its deadly complications to help keep you and your family healthy.



See more at: <http://www.diabetes.org/in-my-community/diabetes-expos/new-york/#sthash.7VAJpXCq.dpuf>

Food and Nutrition Club Officers

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

National Nutrition Month at LaGuardia Community College



National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

At LAGCC, we are celebrating NNM by showing educational films, as well as having our annual event in the **E-Atrium on March 26th from 2:00pm to 4:00pm**. We will have games, prizes, food samples, and cooking demonstrations! We are also very excited to welcome back *Rogowski Farms* and their farmer's market stand to our event!



Please join us in our efforts to educate and encourage others to eat healthy and delicious food!

For information on our film viewings, please see page 2.

<http://www.eatright.org/nm/#>



Weekly Club Meeting on Wednesday's from 2:15-3:30pm in Room E-225
 Email us at laccfoodandnutritionclub@gmail.com
 Find us on Facebook at <https://www.facebook.com/groups/211735922200812>
 Follow us on Instagram at http://instagram.com/food_nutrition_lagcc



DARE TO DO MORE



Registered Dietitian Nutritionist Day

Wednesday, March 12, 2014

Registered Dietitian Nutritionist Day increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives. The seventh annual Registered Dietitian Nutritionist Day will be celebrated on Wednesday, March 12, 2014.

<http://www.eatright.org/nnm/#>



Spring Time Egg Salad!

Ingredients:

- 6 fresh hard boiled eggs (cooled)
- 1 Tbsp minced tarragon
- 1 Tbsp finely chopped chives
- 1 Tbsp minced parsley
- 3 Tbsp mayonnaise
- Pinch of salt and ground black pepper
- 1 small finely diced shallot or onion
- 1 tsp white wine vinegar
- Whole wheat toast for serving

Directions:

1. Moisten the diced shallot or onion with the vinegar and let stand for 5 minutes. Drain and set aside.
2. After cooking and cooling the eggs, peel and mash with a fork, leaving some texture.
3. Add tarragon, chives, parsley, mayonnaise, salt and pepper and mix well.
4. Stir in diced shallot or onion and serve!

Vegetable Literacy, By Deborah Madison: Ten Speed Press, 2013

**National Nutrition Month
Films at LaGuardia
Community College**



In honor of National Nutrition Month, the Food and Nutrition Programs are hosting educational film viewings in room **E-501**.

Admission is **FREE**. Each viewing will be followed by a discussion. Refreshments will be served.

The films to be shown are:

A Place at the Table

Thursday, March 13

10:30am-12:45pm

3:25pm-5:35pm

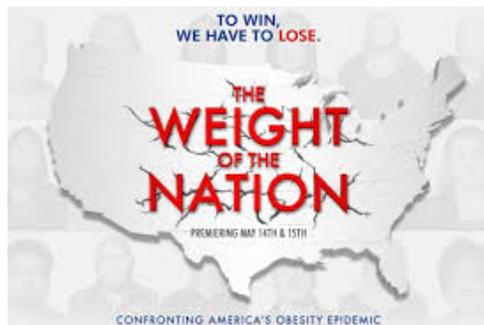


The Weight of the Nation: Part 1

Thursday, March 20

10:30am-12:45pm

3:25pm-5:35pm



We hope to see you there!

Nutrition Myths Debunked!

Common Myth: "Gluten is Bad."

Gluten is the major protein found in some grains. It is present in all forms of wheat (bulgur, durum, semolina, spelt, farro and more) as well as in barley, rye and triticale (a wheat-rye cross).

Gluten can cause an abnormal immune reaction in people with Celiac Disease. Only between 0.5 to 1.0 percent of the U.S. population suffer from Celiac Disease. Unless you are part of that 1% (and only special tests will let you know if you are), it's unlikely that you will need to live a completely gluten-free lifestyle. Some people who go off gluten to lose weight end up gaining weight instead. That's because they consume gluten-free packaged products that are often just as high in saturated fat, sugar and sodium as other junk food.

Gluten-free foods can be expensive and difficult to find. Therefore, if you do not have Celiac Disease, there is no reason to be afraid of gluten. If you suspect you may have a gluten sensitivity, discuss it with your doctor.

<http://www.cnn.com/2013/04/05/health/gluten-5-things/>

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