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ANDIA NEWS

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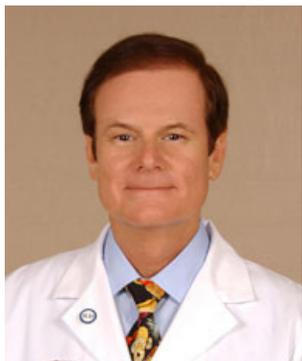
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MESSAGE FROM THE PRESIDENT

John Westerdahl, PhD, MA, MPH, RDN, CNS, FAND, DipACLM



Dear ANDIA Member,

As we come to the Fall season, we often think of the Thanksgiving holiday. In this issue of our newsletter, we feature some Thanksgiving recipes from the early days of our

Seventh-day Adventist church healthcare history that were created at the Battle Creek Sanitarium. I've also included a Thanksgiving recipe or two from my past work with a leading vegetarian restaurant.

Thanksgiving is more than just a day to enjoy a special holiday meal with friends and family. It is also a day to give thanks to the God of heaven, for the many blessings in life he has given each one of us. As ANDIA's president, I also give thanks to God for all our members and officers of

ANDIA who have supported our organization, both financially and for their dedicated volunteer work for the organization. We need both to be a successful and vibrant nutrition and dietetics association. During this coming holiday season, many people show their thanks by contributing financially to worthy causes. If you are thankful for the work and mission of ANDIA, please consider making a financial gift to ANDIA to help us meet our expenses and further the work of our nutrition mission. You can do so at www.AdventistDietetics.org/donate. We are thankful for every financial gift made to ANDIA, and it will be gratefully used to make us a stronger worldwide nutrition organization.

Thankfully,
Dr. John Westerdahl
President (2022)





MESSAGE FROM THE EDITOR

Neosie Morris, MPH



Have you ever wondered what Thanksgiving dinner was like at the Battle Creek Sanitarium during the 1900s? Or how they prepared their healthy plant-based meals?

While working on this issue of the newsletter, I couldn't help but think about being thankful. Positive psychology teaches that gratitude has a positive association with happiness and improves physical and psychological health. A habit of gratitude builds empathy and reduces aggression, and fosters positive emotions and feelings of optimism. It can also improve sleep, contribute to a greater sense of well-being, reduce depressive symptoms, increase self-esteem, strengthen relationships with family and friends, and improve overall physical health. Most importantly, expressions of gratitude can draw us closer to God.

In this issue, we share some vegetarian substitutes for the Thanksgiving turkey, prepared at the Battle Creek Sanitarium during the holidays. Our "Hot Topic" article examines some

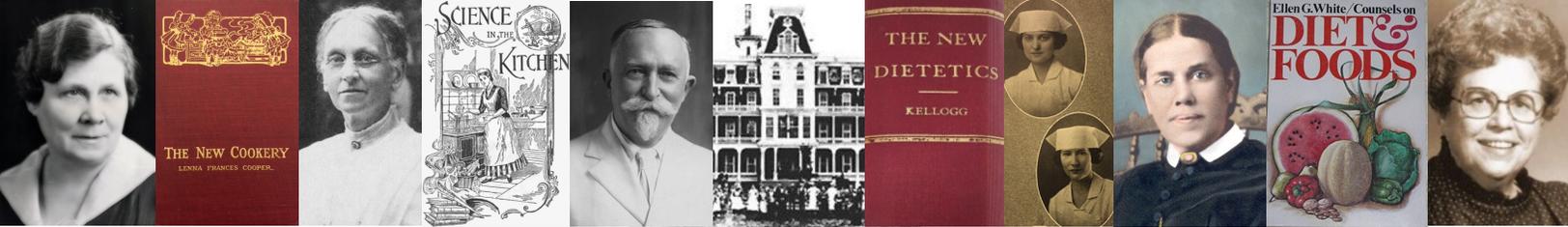
issues associated with consuming a total raw food diet. ANDIA's President, Dr. John Westerdahl, shares recipes we have no doubt would be a great addition to your Thanksgiving dinner menu. Our program highlights column takes us to Solusi University in Zimbabwe. Winston Craig, PhD, MPH, provides a holiday bonus special on the nutritive value of nuts and dried fruits, and ANDIA's student ambassador Angel Smith, talks about what sparked her interest in nutrition, and her involvement in ANDIA.

So, even as I write these words, I feel immense gratitude for life, family, friends, and for those who contributed to the newsletter. *What are you thankful for?*

Neosie Morris, MPH
ANDIA News Editor (2022)

"I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds. I will be glad and rejoice in you; I will sing the praises to your name, O Most High."

Psalm 9:1-2



HISTORICAL REFLECTIONS OF ADVENTIST NUTRITION AND DIETETICS

This column explores the historical legacy of the Adventist nutrition and dietetics work and ministry, through articles and reprinted writings of Adventist nutrition and dietetics pioneers, for historical and educational purposes.

VEGETARIAN SUBSTITUTES FOR THE THANKSGIVING TURKEY Appetizing and Healthful Dishes Made Without Taking the Lives of God's Innocent Creatures By Lenna Frances Cooper, BS, MA, MHE, ScD

Article and editorial comments provided by
John Westerdahl, PhD, MA, MPH, RDN, CNS, FAND, DipACLM

Lenna Frances Cooper was a co-founder of the Academy of Nutrition and Dietetics. She is recognized historically as one of the pioneers in the science and field of vegetarian nutrition and dietetics. Miss Cooper authored this article of Thanksgiving Recipes in 1906 at the age of 31. At the writing of this article, Lenna was a nursing graduate from the Battle Creek Sanitarium nursing school in Battle Creek, Michigan, and wrote a regular column on cooking and food for *Good Health* magazine, which was published by Battle Creek Sanitarium Superintendent, Dr. John Harvey Kellogg. Lenna was also a teacher at the Battle Creek Sanitarium School of Health and Household Economics teaching Cookery (which was entirely vegetarian), Service, and Laundering. Lenna previously worked as a governess for Dr. and Mrs. John Harvey Kellogg to help raise their adopted and foster children. During that time, Dr. and Mrs. Kellogg inspired Lenna to study food

science and nutrition, and they became her mentors for the entirety of her career. Lenna was Dr. Kellogg's protégé, and she was encouraged by Dr. and Mrs. Kellogg to further her college education in the study of foods and food chemistry prior to Dr. Kellogg appointing her as Head Dietitian of the Battle Creek Sanitarium, an institution that only served its patients and clients vegetarian meals.

This article is provided for historical and educational purposes and reflects some of the early thinking and information regarding vegetarian nutrition at the Battle Creek Sanitarium.

- John Westerdahl, PhD, MA, MPH, RDN, FAND, DipACLM

Vegetarian Substitutes from the Battle Creek Sanitarium

VEGETABLE ROAST OR MOCK TURKEY

To two cups of lentils or bean pulp (made by putting cooked lentils or beans through a colander), add one cup of strained canned tomato, two eggs, two cups of nut meal or very finely chopped nuts, one-half cup of 20% gluten or browned flour, the juice of a medium-sized onion, a little minced celery or celery salt, sage and salt to season, and one-fourth cup of dairy or nuttolene cream. The mixture should be quite stiff, as it will be if the water is largely evaporated from the legumes in the cooking.

Place in a bread-tin to bake and with a thin-bladed knife press into shape. Use macaroni for the "drum sticks". Bake in a quick oven.

Serve with the following dressing:

One cup of lentil or bean pulp, one cup of strained tomato, one cup of dairy or nuttolene cream, browned flour to thicken. Season with salt, celery, and a little grated onion. Strain before serving.

CEREAL ROAST

One cup of milk, one cup of cream, two eggs, three-fourths cup of nut meal, one cup of granola, salt to season.

Beat the eggs slightly, add the milk, cream, nut meal, and granola, also salt if desired. Let stand fifteen minutes, then bake in a moderate oven thirty to forty-five minutes.

CHESTNUT ROAST

Prepare the chestnuts by dropping into boiling water for ten minutes and remove the shells and skins with a knife.

Two cups of chopped chestnuts, three cups of stale bread crumbs, three-fourths cup of cream, two eggs, one teaspoonful of salt, one medium-sized onion, grated, and a little sage.

Beat the eggs, add salt, cream, grated onion, bread crumbs, chopped chestnuts, and sage. Bake in a moderate oven thirty to forty-five minutes.

SANITAS ROAST

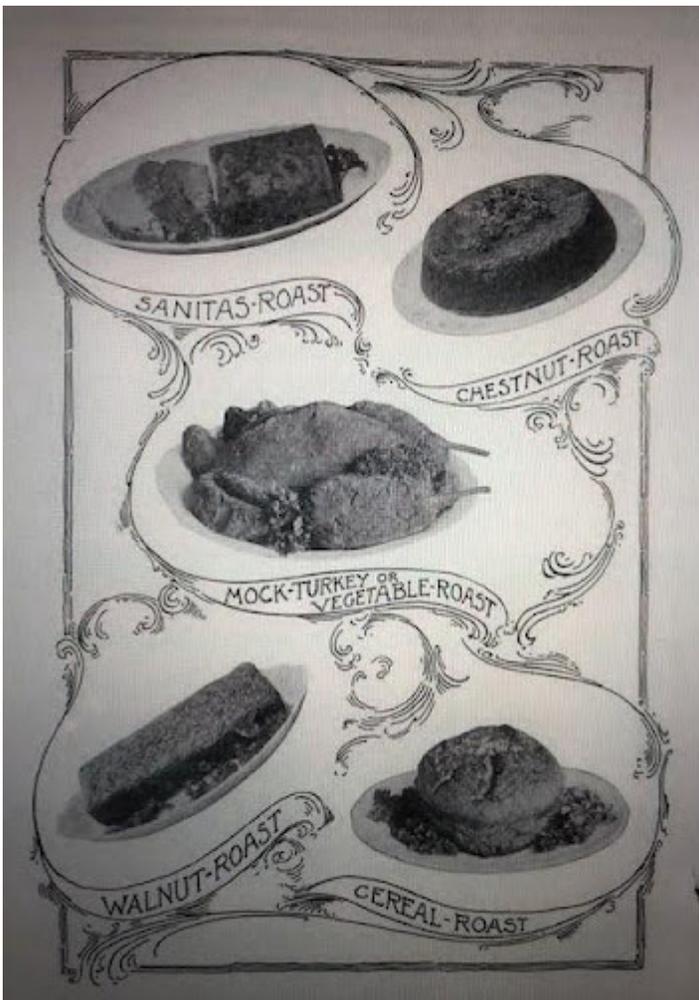
Remove the contents of one-pound can of Sanitas Meat cut into halves lengthwise, lay in a baking pan with the flat surface down, sprinkle with salt and a little grated onion, and pour over a half cup of strained tomatoes. Bake twenty minutes in a moderate oven. Serve with [Piquant Sauce].

PIQUANT SAUCE

One-half pint of protose or a vegetable broth, seasoned with a little thyme, mint, and one-half teaspoon salt. Thicken with two and one-half tablespoonfuls of browned flour braided with a little water. Boil five minutes, strain, and add the following: one and one-half tablespoonfuls lemon juice, one-half teaspoonful sugar, one-half tablespoonful of grated onion, and one dozen chopped ripe olives.

WALNUT ROAST

To two eggs slightly beaten, add one cup of milk, one cup of cream, one cup of granola, one-half cup of chopped English walnuts and salt to season. Let soak twenty minutes, bake in an oiled pan for thirty to forty-five minutes.



Images of Vegetarian meat substitutes as they appeared in the Good Health Magazine

[Note: Four of the recipes (Vegetable Roast or Mock Turkey, Cereal Roast, Chestnut Roast, and Walnut Roast) provided in this article by Lenna Frances Cooper are lacto-ovo vegetarian recipes and only one (Sanitas Roast) is a vegan recipe. With today's availability of commercial nondairy milks, nondairy cream, and vegan egg substitute ingredients, the dairy and egg ingredients listed can be easily substituted to convert these into vegan recipes.

There are a few vegan meat substitute products mentioned in these recipes that were formally produced by the Battle Creek Food Company that are no longer readily available. They are as follows: Protose (a vegan meat substitute made from wheat gluten and peanuts) and Nuttolene (a vegan meat substitute made from peanuts). The Sanitas Meat (a vegan meat substitute made from nuts) product was originally produced by the Sanitas Nut Food Co. Ltd. Recently, the Loma Linda brand, distributed by Atlantic Natural Foods (www.atlanticnaturalfoods.com/loma-linda), is now distributing products similar to Protose (now called Loma Linda Nut Meat) and Nuttolene (with new spelling and now called Loma Linda Nutolene). These products can be used in place of their counterparts in the recipes. Sanitas Meat is no longer produced; however, Loma Linda Nut Meat would be a similar substitute that can be used in the recipe.]

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TOTAL RAW FOOD DIET: BENEFITS AND CONCERNS

By Bert Connell, PhD, RD, FADA, LD

This review provides information regarding issues associated with the raw food diet, nutritional benefits and drawbacks, and health issues that might arise from following a totally raw food diet.

Introduction

The total raw food diet is an approach to eating unprocessed whole foods, preferably organic. It involves the elimination of all cooked or processed foods, refined oils, table salt, refined sugars, and flour. Those who advocate the Total Raw Food Diet indicate the diet will lead to better health or reverse a health-related issue, clear your headaches, boost your immune system, improve your memory, cure allergies, reduce the effect of diabetes and arthritis, remove the body of toxins, and extend your life. The proponent of this dietary approach believes that we should eat our food as served by nature, raw, and living. They claim that you can't make healthy cells with nutrient-dead food (1). The Raw Food Diet originated in Switzerland in the late 1800s when Maximilian Bircher-Benner believed his jaundice could be cured by eating raw apples. The raw food diet comprises foods that have not been heated above 115°F (46°C). The raw food

pyramid indicates foods included and excluded in the raw food diet (2):



The Theory Behind the Total Raw Food Diet

Raw food diet theory teaches that enzymes in raw foods contain a "universal life force energy". For some Native Americans, this is "divine breath", to Chinese, it is "Qi". Indian yoga practitioners call it "Pran", and in Japan, this energy is called "Ki" (3).

Advocates of this diet indicate that heat destroys nutrients and natural enzymes. Therefore, heating foods above 115°F (46°C) denatures protein, effectively inactivating enzymes. The substances that increase "life force energy" include oxygen, sunlight, and live (raw) food. This "life force energy" is not measurable using conventional techniques and is considered a mystical component of the enzyme; this is the force that can provide eternal life in the raw food theory. When enzymes and "life force energy" of the body are depleted, the individual will die. So, in theory, the addition of natural enzymes containing "life force energy" will lengthen your life and improve your health (4). Therefore, cooking is undesirable.

Human digestive enzymes are produced in the body and are specific to human digestive functions. In contrast, enzymes in food are specific organic agents that control ripening, decay, and other functions not associated with digestion in humans. These enzymes are primarily destroyed in the digestive process as they are proteins that are denatured in the stomach's acid environment. Fruit and vegetable enzymes do not play a part in human digestion.

Nutrient Levels

A raw food diet provides generous quantities of nutrient-rich fresh fruits and vegetables. One of the benefits of eating raw foods is the high fiber content. Fiber is known to reduce the risk of colon cancer, lower serum cholesterol levels, and improve insulin sensitivity. Fiber also lowers the risk of constipation and other intestinal disorders (5). Raw food diets are typically low in saturated fat and sodium, so the consumer will show lower cholesterol, triglycerides, and lower blood pressure levels (6, 7). Raw foods can also remove plaque from the teeth between brushing (8).

Some are concerned that vitamin deficiency may result from eating cooked foods. However, most

nutrients are generally heat-stable. Cooking does reduce the content of vitamin C and folic acid, depending upon the length and intensity of the heat. When the nutrition content of 1/2 cup of raw green peas was compared with the content of 1/2 cup of cooked green peas, it was found that there was a similar content of B vitamins and vitamin A, while the cooked peas had 60% less vitamin C (9). Cooking, however, makes some phytonutrients, such as the red pigment, lycopene, and other carotenoids, substantially more bioavailable (10).

Health Risks

Potential long-term consequences of the raw food diet include fatigue, insufficient calories leading to being underweight, and nutrient deficiencies of essential nutrients such as calcium, iron, vitamin D, and vitamin B12. Following a raw food diet for several years is often associated with lower bone mineral density (11). Raw food diets are not appropriate for young children as the low caloric intake does not sustain appropriate growth (12). For those consuming a raw food diet, flesh foods, eggs, and fish are consumed raw; unpasteurized milk and raw water are used. These are all unsafe practices due to the risk of exposure to viruses, bacteria, and parasites (13, 14). One has to be careful consuming sprouts. Sprouted seeds, such as alfalfa sprouts and bean sprouts, can harbor harmful bacteria such as *Salmonella*, *E. coli*, and *Listeria*, which cause food poisoning (15, 16).

Cooking and pasteurization kill pathological bacteria if brought to a temperature of 165°F (74°C) for 15 seconds. Consuming food that has not been adequately cleaned can lead to food-borne diseases. Milk, eggs, and meat pose serious health concerns. Pathological bacteria in these raw foods expose the consumer to food-borne illnesses that can compromise overall health. Recalls due to the presence of pathological bacteria are not uncommon, i.e., *E. coli* in salad greens and ground meat (17).

Raw food advocates are sometimes unaware that before freezing, vegetables are blanched in boiling water to kill enzymes that aid in maturation, thus destroying the very enzymes they seek. Hence, consuming frozen vegetables thawed to room temperature without any heat treatment does not truly meet their raw food classification.

Ranking of the Raw Food Diet

A raw food diet may be safe short-term, but nutrient deficiencies may occur in the long term, including a range of vitamins and mineral deficiencies. The 2022 U.S. News and World Report survey of nutrition professionals rank the Raw Food Diet as number 35 of 40 diets evaluated based upon its overall contribution to health and was ranked number 40 regarding ease in following the diet primarily because it is so time-consuming to prepare the food (#1 is the best while #40 is the worst measure) (18).

E.G. White Comments

Ellen White encouraged the use of nourishing, well-cooked food, and avoiding an impoverished diet, lacking in nutrition. She warned readers to avoid extreme diets that can cause disease (19).

She also stressed the importance of knowing how to cook to provide a variety of good, wholesome foods cooked in a healthful manner so the food is palatable for everyone (19).

Conclusion

Optimum health is achieved by eating a balance of raw and cooked foods. There are benefits to eating raw foods. Adding cooked foods such as legumes, grains, and fortified foods diminishes the risk of some nutrient deficiencies mentioned above. The My Vegetarian Plate is a helpful guide in selecting raw and cooked foods to include in your daily menu.

my Vegetarian plate

Vegetables

Proteins

Fruit

Grains

Dairy or equivalent

Keep Moving: 10,000 steps daily for fitness; or walk 60-90 minutes for weight loss.

Think Your Drink: Give priority to water instead of soda, alcohol, or sugary fruit drinks; 5-8 glasses of water daily.

Vary the Vegetables
2½ cups daily

Choose More: Vary the type, color and taste; eat a rainbow of colors such as asparagus, broccoli, kale, squash, carrots, tomato, turnip, potato, and onion.
Limit: French fries, breaded and fried vegetables.

Feature the Fruits
2 cups daily

Choose More: Add more colors to the rainbow: berries, figs, plums, grapes, citrus, melons, pomegranate, apricot, mango, pear, peach, and pineapple.
Limit: Sweetened juices, fruit pies and tarts with added sugar.

Protect with Proteins
6½ ounces daily

Choose More: All types of lentils, nuts, peas, seeds, many kinds of beans and meat alternates from soy and/or grains and eggs.
Limit: High fat and salty foods like highly seasoned entrées, meat analogs and deep fried foods.

Go whole Grains
6 ounces daily

Choose More: Whole grains such as barley, brown rice, bulgur, oatmeal, millet, popcorn, quinoa, wheat, and yellow corn.
Limit: Processed grains, white pasta and rice, refined crackers, cereals and pastries.

Calcium-rich Dairy & Equivalents
3 cups daily

Choose More: Low fat milk, yogurt, ricotta cheese, and other fresh cheeses. Fortified soy or plant equivalent beverages, yogurt, and cheeses.
Limit: Whole-fat dairy such as milk, ice cream, cheese and cream.

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Bert Connell, PhD, RD, FADA, LD served for more than 40 years as an educator and administrator with an emphasis in food systems management. After graduating from Walla Walla University, he served a dietetic internship at Brook Army Medical Center, Fort Sam Houston, Texas, completed a Master's of Science degree in food systems management at Loma Linda University, and a Ph.D. in food systems management at the University of Missouri-Columbia. He has previously served as chair and program director of nutrition and dietetics at Loma Linda University Medical Center. He has served as a consultant and educator in China, Northern Ireland, Germany, Slovakia, Czech Republic, Serbia, Romania, Zambia, Zimbabwe, Kenya, and the Russian Federation.



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PLANT-BASED COOKING CORNER

Thanksgiving Recipes

Provided by John Westerdahl, PhD, MPH, RDN, FAND, DipACLM

Fall is the season when the Thanksgiving holiday is celebrated in the United States. It is a time to thank God for the many blessings he has given us. It is also a time for families to enjoy and share a Thanksgiving meal together. Instead of the traditional turkey-centered meal, many Seventh-day Adventist families enjoy a plant-based vegetarian Thanksgiving meal. Here are two vegan Thanksgiving recipes, created by San Francisco's premier gourmet vegan restaurant (now located in Oakland, California) Millennium Restaurant. Dr. Westerdahl previously served as the Staff Nutritionist for Millennium Restaurant and coauthored the cookbook, *The Millennium Cookbook: Extraordinary Vegetarian Cuisine* with Executive Chef Eric Tucker. The following recipes have been adapted from this cookbook. The vegetable-stuffed pumpkin recipe has an international flavor, incorporating ingredients used in southeast Asia. While the vegan pumpkin pie recipe veers away from eggs and dairy products, ingredients often used in traditional pumpkin pie recipes.

Source: Eric Tucker and John Westerdahl, *The Millennium Cookbook: Extraordinary Vegetarian Cuisine*, Ten Speed Press, 1998. ISBN: 978-089815-899-1.

Pumpkin Pie

*Pumpkin
Stuffed
with
Sauteed
Vegetables
in Pumpkin
Curry
Sauce*



Pumpkin Stuffed with Sauteed Vegetables in Pumpkin Curry Sauce

This recipe is strongly influenced by the southeast Asian cuisine represented in the San Francisco Bay Area, especially Thai cuisine. This variation on a Thai coconut curry is served in the fall when baby pumpkins and winter squash are plentiful in the United States. To make this dish simpler, forgo the whole pumpkin and serve it in a soup bowl with plenty of sauce.

INGREDIENTS

- 1 cup Curry Paste (see recipe below)
- 14 ounces canned low-fat coconut milk or 14 ounces rice milk with 1 teaspoon coconut extract
- 1 cup rice milk or soy milk
- 2 cups pumpkin or butternut squash cubes, cooked until soft and drained
- Sea salt to taste
- Six 8-inch-diameter pumpkins, such as Baby Bears, or acorn or buttercup winter squash
- 1 teaspoon sea salt
- 1 ½ pounds seasonal vegetables, cut into bite-sized pieces (broccoli, cauliflower, carrots, zucchini, slices of shiitake and whole oyster mushrooms, green beans, long beans, Chinese bok choy, blanched cubes of winter squash or root vegetables)
- 6 shallots, peeled and thinly sliced
- 2 teaspoons canola oil (optional)
- 3 to 4 cups jasmine brown rice
- 1 tablespoon finely shredded fresh mint leaves
- 2 tablespoons finely shredded fresh basil leaves
- 1 tablespoon finely shredded fresh cilantro leaves

Servings: 6

Nutrition Information

Calories: 253 kcal Total Fat: 5 g
Carbohydrate: 47 g Dietary Fiber: 6 g
Protein: 5 g Sodium: 824 mg

METHOD

1. **To make the curry sauce:** In a large saucepan, bring the paste, coconut milk, and rice (or soy) milk to a boil. Reduce heat and simmer for 20 minutes. Strain. In a blender, combine the sauce and pumpkin and blend until smooth. Add salt and set aside.
2. Preheat oven to 400°F. Cut the top 2 inches off the pumpkin. Scoop out the seeds and pith. Salt the cavity. Using two 8-inch baking pans, place the pumpkins, upside down. Place the pumpkin tops in the pans. Pour in 1/2-inch water. Cover the pans with aluminum foil. Bake for 30 to 40 minutes, until just slightly soft when squeezed. Remove from the oven and let cool.
3. In a large sauté pan or skillet, sauté the vegetables and shallots in the oil over high heat, just until they start to soften, about 5 minutes. Or cook them in a dry nonstick pan. Add the curry sauce and cook for another 2 minutes.
4. Divide the vegetable mixture among the baked pumpkins. Set each pumpkin on a bed of jasmine brown rice. Top each serving by sprinkling with mint, basil, and cilantro.

Curry Paste (for Pumpkin Curry Sauce)

INGREDIENTS

- 4 shallots, coarsely chopped
- 6 cloves garlic, coarsely chopped
- 2 tablespoons minced peeled garlic
- 1 tablespoon minced galangal (optional)
- 1/2 bunch cilantro, coarsely chopped, including stems and roots
- 3 stalks lemongrass, bottom half coarsely chopped
- 1 teaspoon coriander seeds, toasted and ground
- 2 teaspoons minced lime zest
- 1/4 cup fresh lime juice
- 1 tablespoon light miso
- 2 tablespoons brown rice syrup (optional)

METHOD

In a food processor or blender, blend all the ingredients until ground to a coarse paste. If using a blender, you will need to up 1/3 cup or more of water to pull the mix together. Store in an airtight container in the refrigerator for up to 2 weeks.

Nutrition Information (per 1/2 cup serving)

<i>Calories: 59 kcal</i>	<i>Total Fat: 0.5 g</i>
<i>Carbohydrate: 10 g</i>	<i>Dietary Fiber: 1 g</i>
<i>Protein: 2 g</i>	<i>Sodium: 1,226 mg</i>

Pumpkin Pie

This is a vegan pumpkin pie recipe. It is simple to prepare and should not be reserved for only Thanksgiving, but enjoyed at any time.

INGREDIENTS

- 1 1/2 cups pumpkin puree (or canned puree pumpkin)
- 2/3 cup 100% pure maple syrup
- 3 tablespoons molasses
- 1/2 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1 tablespoon minced fresh ginger
- 1/4 teaspoon ground nutmeg
- 1 teaspoon allspice
- 2 teaspoons arrowroot powder
- 1/2 cup soy milk
- Prebaked Pie Crust (see recipe below)
- 1 recipe Vanilla Sauce (see recipe below)

METHOD

1. In a food processor, combine the pumpkin puree, maple syrup, molasses, vanilla extract, cinnamon, ginger, nutmeg, allspice, arrowroot, and soy milk, in batches if necessary. Process until the mixture is well combined and smooth.
2. Pour into the prebaked pie crust and bake at 350°F for 30 minutes, or until the filling has firmed up. Let cool. Serve with Vanilla Sauce. It can additionally be served with a frozen nondairy vanilla ice cream (such as made with rice or soy milk).

Pre-Baked Pie Crust (for Pumpkin Pie)

INGREDIENTS

- 1 cup unbleached all-purpose flour
- 1/2 cup pastry whole wheat flour
- 1/4 cup Sucanat or brown sugar
- 1/4 teaspoon sea salt
- 6 tablespoons canola oil
- 4 to 5 tablespoons soy milk

METHOD

1. Mix both the all-purpose flour and pastry whole wheat flour and sift the flour mixture into a bowl and add the Sucanat (or brown sugar) and salt. Stir the dry ingredients together. Drizzle the oil into the dry ingredients, covering as much surface area as possible, and mix lightly with a spatula until the flour and oil form dough balls about the size of marbles. Drizzle the soy milk into the bowl. Mix until a ball is formed. Wrap the ball in plastic wrap and knead lightly. Refrigerate for 30 minutes or longer.
2. Preheat the oven to 350°F. Unwrap the dough and place it between 2 sheets of parchment or waxed paper. Roll the dough out to make a circle roughly 12 inches in diameter. Gently remove the top sheet of paper, replace it lightly, flip the dough over, and gently remove the bottom sheet of paper.
3. Flip the dough over on top of a pie pan and remove the top sheet of paper once again. Press the dough into a 9-inch pie pan and trim and flute the edges. Pierce the dough with the tines of a fork. Place a sheet of parchment paper over the crust and fill with 1/2 cup dried beans or pie weights. This is called blind baking and will keep the tart shell flat in the pie pan. Bake for 15 minutes. Remove the parchment paper and beans or weights. Bake for 5 to 10 minutes, or until the crust is a light golden brown.



Servings: 8

Nutrition Information

(includes Pumpkin Pie and Pie Crust recipe)

<i>Calories: 334 kcal</i>	<i>Total Fat: 14 g</i>
<i>Carbohydrate: 49 g</i>	<i>Dietary Fiber: 2 g</i>
<i>Protein: 3 g</i>	<i>Sodium: 140 mg</i>

If making a homemade pie crust is inconvenient, you can find frozen vegan premade pie crusts, made even with whole wheat flour, in select health and natural food stores.

Vanilla Sauce (for Pumpkin Pie)

This version of crème anglaise is an all-purpose sauce that goes with everything from fresh fruit to pumpkin pie.

INGREDIENTS

- One 12.3-ounce box low-fat extra-firm silken tofu
- 3/4 cup soy milk
- 1/3 cup fructose
- 1 tablespoon vanilla extract
- Seeds scraped from 1/4 split vanilla bean
- Pinch sea salt

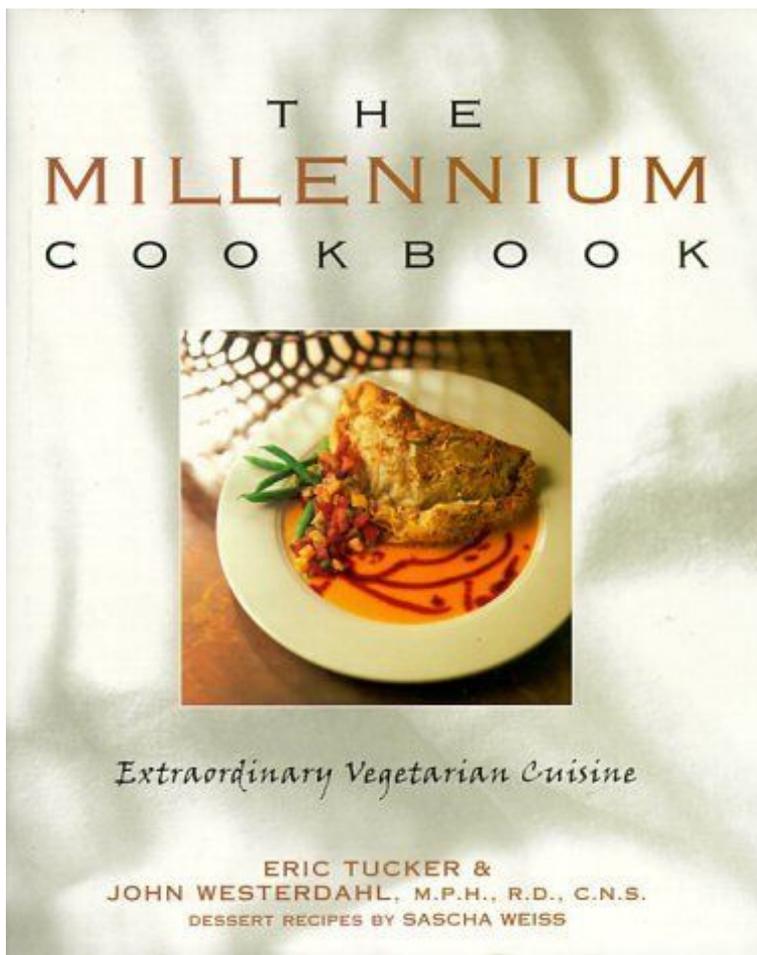
METHOD

In a blender combine all the ingredients and blend until smooth. Store in an airtight container in the refrigerator for up to 1 week.

Yield: 1.5 cups

**Nutrition Information
(per 1/4 cup)**

Calories: 69 kcal	Total Fat: 1 g
Carbohydrate: 11 g	Dietary Fiber: 0.4 g
Protein: 4 g	Sodium: 65mg



PROGRAM & STUDENT HIGHLIGHTS: SOLUSI UNIVERSITY

By Godknows Mujinda, MSc, PGDE, BSc



The mission of the Faculty of Health Professions is in line with the University's mission and the tenets of the Seventh-Day Adventist Church. It is to prepare Health Professionals whose values are Christ-centered, and are competent in

health-care delivery, research, and teaching of health principles. Students in this faculty are educated and trained to prevent, identify, and treat health-related human problems, and to evaluate health risks in the environment. Students are trained to be proficient in promoting and championing the principles of healthy living.

The Nutrition Science and Nutrition & Dietetics programs are yet to produce an alumnus for the University, as its most senior students are currently obtaining practical experience at various health facilities. Be that as it may, the caliber of the students and the programs offered has landed approval by the Zimbabwe Allied Health Practitioners Council. In essence, upon graduating, Solusi graduates shall be eligible for registration as members of the Council and eligible for placement in various vacancies as Dietitians or Nutritionists around the country and beyond.

Students are encouraged to be creative, resourceful, and solution oriented, not producing 'mere reflectors of other people's thoughts'. As such, the students are trained to utilize local produce to develop original recipes that are designed to prevent or treat health conditions affecting people in the communities they serve.

Ultimately, the Solusi student is being primed to thrive and excel in any environment. Applications for this life-saving degree are still open and interested persons may contact admissions@solusi.ac.zw for further details.



Third year Nutrition and Dietetics students who will be starting the dietetic internship in January 2023



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HOLIDAY FOOD CAN BE HEALTHY

By Winston Craig, PhD, MPH

During the holiday season, nuts are a common treat in the meal. Pecan pie is a favorite holiday dessert. Fruitcake and fruit breads using raisins and other dried fruits decorate the holiday table. Nuts and dried fruits make great holiday gift packages.

Almonds, pistachios, pecans, cashews, and hazelnuts are all holiday favorites. They are best eaten roasted and unsalted. Clinical trials suggest that nut consumption has a beneficial impact on health outcomes such as hypertension, obesity, type 2 diabetes, cardiovascular disease, cancer, and total mortality (1-3). Their regular use can reduce your risk of heart disease and stroke by about 50%. Regular nut consumption significantly lowers the level of C-reactive protein and interleukin-6, important markers of inflammation. The regular use of nuts does not appear to cause weight gain. Survey data shows that nut consumers have a lower BMI than those who never eat nuts. The high fiber content and low glycemic index of nuts contribute to their increased satiety. The Nurses' Health study showed that the regular consumption of nuts also had a beneficial effect on insulin sensitivity.

Of all the nuts and seeds, pecans contain the highest level of polyphenolics, and are close to the top of all foods for antioxidant capacity.

Pecans and walnuts are the most popular tree nuts in the US behind almonds. The tender, crunchy texture and rich buttery flavor, make pecans suitable for use in bakery goods (fruit cakes, pecan pies, and cookies), savory dishes, ice-cream, and can even be added to salads.

A daily handful of pecans can lower LDL and total cholesterol and triglyceride levels by about 10%, and prevent LDL cholesterol oxidation by about 30%, while raising the HDL cholesterol. All these changes are associated with a reduced risk of cardiovascular disease. Pecans are rich in plant sterols, which are known for their cholesterol-lowering ability.

An ounce (30 g) of pecans (20 halves) provides 20 grams fat, two-thirds of which is healthy monounsaturated fat, and only 2 grams are saturated fat. One to 2% of the fat in pecans is the valuable omega-3 fat. Pecans also contain many vitamins and minerals – including several B vitamins, magnesium, phosphorus, iron, and zinc. They are especially rich in vitamin E, copper, and manganese. Pecans are an excellent choice for those on a sodium-restricted diet. Pecans are also a good source of protein, while one ounce (30 g) provides 10% of the recommended Daily Value for fiber.

Arginine, a major amino acid in pecans, is used to make nitric oxide, a potent vasodilator and important in maintaining desirable blood pressure levels. The numerous antioxidants (vitamin E, flavonoids, and phenolic acids) in pecans help protect against cellular damage. A study with mice showed that adding pecans to their diet produced a significant delay in the decline of age-related motor function compared to mice receiving no pecans.

Among nuts, pistachios have a lower fat content, and the highest levels of potassium, γ -tocopherol, vitamin K, phytosterols, xanthophyll carotenoids, certain minerals (Cu, Fe and Mg), vitamin B₆ and thiamin. Pistachios have a high antioxidant and anti-inflammatory potential. Pistachio nuts are a very rich source of flavonoids, especially in the mauve-colored skin. These antioxidant compounds are known to protect us against cardiovascular disease, cancer, and inflammatory diseases. Pistachios are a good source of fiber providing 3 g per serving (12% of the DV). Scientists found that having to de-shell pistachios before eating them, helped individuals eat slower and thereby consume fewer calories and feel full faster while eating less. And it takes as many as 30 kernels to provide only 100 calories.

In a 4-week study, the substitution of pistachios for 20% of the daily fat calories in a Mediterranean diet decreased blood glucose 9%, LDL cholesterol 23%, total cholesterol 21%, and triglycerides 14%. The pistachio diet also improved endothelial function, oxidative status, and some indices of inflammation (4).

Pistachios are a good source of protein, and a number of vitamins (thiamin, vitamin B₆ and other B vitamins) and minerals (copper, manganese, and phosphorus). Pistachios are high in lutein, a carotenoid and antioxidant that gives pistachios a light green color and helps support eye health. Their mild sweet flavor makes them a holiday delight.

Dried fruits are nutritionally similar to fresh fruit with their rich content of vitamins and minerals. However, they are more calorie dense and have a higher glycemic index. Numerous studies suggest that individuals who regularly consume dried fruits have lower rates of diabetes, cardiovascular disease, various types of cancer, obesity, and other chronic diseases. Per ounce (30 g), dried fruits contain 2-4 gm of fiber, but only 70 to 90 calories. Dried fruits have the advantage of being easy to store, are available all year round, can be incorporated into other foods, and are a healthy alternative to sugary and salty snack foods. Raisins and dried figs were commonly used as food rations when traveling in Biblical times (5).

Among the dried fruits, dates have the highest concentration of polyphenols, while figs and prunes have the highest level of total antioxidants. Polyphenolic antioxidants in dried fruits protect DNA and LDL cholesterol from oxidative damage and lower the risk of cancer and heart disease. Both figs and prunes are valuable for their laxative properties.

Dried fruits are rich in potassium (especially apricots), a nutrient useful in helping lower blood pressure. Five dried apricots have 650 mg of potassium. Figs have the highest calcium and fiber content, and apricots have the best supply of iron (2.2 mg Fe in 5 apricots). An ounce (30 g) of dried apricots provides 100% of the daily requirement of provitamin A, mostly as beta-carotene. Eating dried fruits produces a significantly lower insulin response compared to snacks such as cookies or potato chips.

Cranberries are rich in fiber and antioxidants, such as anthocyanins and other flavonoids. These substances limit the growth of cancer cells and promote apoptosis. Animals fed cranberries develop fewer and smaller cancers than those not consuming cranberries. Dried cranberries can be used year-round in cereal and in bakery products. Raisins, typically made from Thompson seedless

grapes are popular with breakfast cereals, bakery products, and snack bars. Raisins are rich in potassium, boron, fiber, polyphenolics, and other phytochemicals.

Dried figs are used for their sweetening properties and appear in bread, pastries, confectionery, fruit cakes, jams and desserts. The pear-shaped fruits ripen to green, purple, or a brown color. Of the 150 varieties of figs, the most common are the golden-colored Calimyrna, and the dark, purplish Mission figs. Due to their good supply of calcium and boron, figs may help protect against osteoporosis.

Figs are a rich source of iron, dietary fiber and a wide variety of health-promoting phytochemicals including lignans and tannins. Three to four figs provide about 20% of the daily value for fiber. The low sodium, low fat and high potassium content of figs make them useful in diets for lowering blood pressure. Figs are also a good source of the trace minerals, manganese, and copper.

Figs also contain coumarins, terpenoids, and benzaldehyde, known anti-tumor compounds. Benzaldehyde has been successfully used to retard cancer growth in terminally ill patients. Figs contain high levels of many antioxidant flavonoids, including quercetin. Flavonoids provide protection against cardiovascular disease and cancer. Both the Bible and the Qur'an extol the virtues of figs.

While there are many varieties of dates, Medjool is one of the most popular. Dates are a high-energy food. Just five dates contain about 120 calories. However, they do contain three useful grams of fiber, and little fat. Dates may be stuffed with fillings such as almonds, walnuts, cardamom, tahini, or marzipan. Dates are used in a variety of sweet dishes, cookies, cereals, cakes, and puddings.

Dried fruits and nuts are certainly not to be eaten only at year-end holiday times. They can be part of a healthy meal anytime. In addition to their pleasant taste, they also provide protection against chronic diseases.

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Winston Craig, PhD, MPH, is Professor Emeritus of Nutrition at Andrews University, Michigan, and adjunct Professor of Public Health at Loma Linda University, California. He has over 40 years of teaching experience, is the author of 8 books on vegetarian nutrition and herbs, has peer-reviewed over 30 articles on nutrition and is the editor of CRC press book on Vegetarian Nutrition and Wellness. He has authored over 300 articles for health publications and 8 chapters for various books and is the co-author of a vegetarian nutrition position paper in 2009 and 2016 for the Academy of Nutrition and Dietetics.

MEMBER SPOTLIGHT: ANGEL SMITH ANDIA'S STUDENT AMBASSADOR



1. Tell us about your career path and what inspired you to study nutrition?

My journey to good health was cultivated in high school after watching a documentary called “What the Health.” I became fascinated with the information I learned and began to be more health-conscious about what I ate. Two years later, I attended Oakwood University and majored in Biochemistry, but my instinct told me I was missing something. It wasn’t until my sophomore year that I would realize that the “something” was nutrition. So, I changed my major to Biology and minored in Food and Nutrition, one of the best decisions I’ve ever made. At Oakwood, I simplified nutrition awareness for students through the Student Nutrition Awareness Club and volunteered in local communities with Oakwood’s Health Campus Health Community

initiative. Now that I have graduated, I’ve matriculated into graduate school at Mercer University, where I’m studying to get a Master’s in Public Health. After accomplishing this goal, I will continue my academic journey at Life University to obtain my Doctor of Chiropractic. I believe it’s important to highlight that none of these endeavors were initially “my plans,” but they were, in fact, Yahuwah’s (God’s) plans. Daily I claim Philippians 4:6 and ask for guidance from the Holy Spirit; without His direction, I might not be in the position I’m in today.

2. How has the study of nutrition impacted your life?

There is a saying “that you are what you eat.” The study of nutrition has affected my life, family, and those around me in positive ways. The most impactful benefit of nutrition is that I eat healthier, I think better, and my immune system is stronger. I’ve chosen to make health my wealth. Meaning, that having good health is a livelihood, and if I want to live longer then I must put in the effort to maintain wellness.

3. How do you plan to utilize your knowledge of nutrition and healthy lifestyle in your future career path?

In my future career path, I plan to open a non-profit wellness center with nutritional resources, information, and skilled professionals that’ll focus on disease prevention, health promotion, and health advocacy in underserved communities. I intend to make health exciting and practical for all ages and assist in disassembling barriers that individuals may perceive. Ultimately, I want

people to understand that their bodies are the temples of God, and we should treat our bodies with kindness.

4. How have you been involved in ANDIA?

I am a new member of ANDIA, serving as an ambassador. Being a representative of this organization is a wonderful opportunity to meet more young adults and understand their wellness needs on an interpersonal level. Currently, I am working to establish more ANDIA ambassadors that attend colleges and universities in the southeastern regions.

Bio: Angel Smith, B.S. (Hons), a recent graduate from Oakwood University, now attends Mercer University to obtain her Master of Public Health. During her free time, she enjoys catching up with friends, perfecting her cooking skills, spending time with her family and dogs, and gardening.

5. Tell us about your favorite vegetarian dish to have at Thanksgiving?

During Thanksgiving, there are so many dishes to select from, so it's hard to just select one. But my favorite vegetarian dish is bread dressing, or some may call it "turkey stuffing." However, the dressing is an actual side dish with no meat. My late grandmother Ruby Hall cooked the best dressing, and it was simply untouchable. Now, eating this dish brings me a lot of comfort during the holiday season.

ANDIA WISHES MEMBERS IN THE U.S. AND ALL ITS WORLDWIDE MEMBERS THE SPIRIT OF A...



ANDIA UPDATES

ANDIA's First Dinner at FNCE

ANDIA held its first in person gathering at FNCE on October, 10, 2022 at 5:30 pm with thirty persons including two children in attendance. The dinner was held at the famous Vegan Thai Kitchen in downtown Orlando, Florida. The purpose of the sponsored dinner was to recruit dietetic students and dietitians for ANDIA. Ten students attended from various universities including Oakwood University with six seniors who are dietetic majors, three from A&M University, and one from Morgan State University. Dr. Joycelyn Peterson, ANDIA's nominating chair, and director/ professor Nutritional Sciences Program at Morgan State University organized the event and presented the welcome message from Dr. John Westerdahl, current president of ANDIA.

“Welcome to ANDIA's 2022 FNCE Meet Up and Dinner. This evening is a very historic occasion, as it marks ANDIA's first meet up and dinner at FNCE. The Adventist Nutrition and Dietetics International Association (ANDIA) has its roots going as far back as 1954, when the Seventh-day Adventist Dietetic Association was founded. This makes ANDIA one of, if not the first, professional Nutrition and Dietetics organization that advocates vegetarian and plant-based nutrition for the prevention, successful treatment, and even potential reversal of disease. No other religious group, ancient or modern, has stressed the importance of nutrition more, than the Seventh-day Adventist Church and its various health organizations and institutions. And ANDIA plays a vital role in this effort.”

Dr. Tia Jeffery, member of ANDIA's subcommittee for recruiting and membership, and Faculty at University of the District of Columbia (UDC), presented the collaboration efforts being made with RMIG, the religious group that is the official religious affiliation group with the Academy of Nutrition and Dietetics, (AND). Arlene Moreno, ANDIA's webmaster, along with Dr. Brown-Fraser, Chair, Nutrition and Dietetics Department at Oakwood University and assistant newsletter editor for ANDIA attended the event. Dr. Peterson and Dr. Jeffery led an open discussion of ways that ANDIA could increase its membership along with organizing Ambassadors to represent ANDIA from Universities in the Adventist denomination worldwide.

After a delicious vegan Thai dinner, ten students joined ANDIA online that evening. The group of colleagues parted with plans to meet next year at FNCE 2023 in Denver, Colorado.



ANDIA members at the first FNCE Meet Up and Dinner in Orlando, Florida

Plant-Based Diets for Better Health Webinar Series

January 8, 2023 *Vitamin B12: A Missing and Misunderstood Nutrient*
Presented by Dr. Patricia Johnston

February 15, 2023 *Plant-Based Non-Dairy Alternatives. Are they Healthy?*
Presented by Dr. Winston Craig

Elections for ANDIA Office will Occur in 2023

Available Executive Officer Positions:

Second Vice President
Secretary
Assistant Secretary
Treasurer
Assistant Treasurer
Communication Director
Nominating Committee Chair
Assistant Nominating Committee Chair
Nutrition Education Committee Chair
Assistant to Nutrition Education Committee Chair
Newsletter Editor
Assistant Newsletter Editor
Webmaster

Other Positions Available:

Social Media Manager
Assistant Webmaster

More details to come

Invite Your Colleagues and Friends to Become an ANDIA Member

[REGISTRATION LINK](#)

Further information about the different membership categories can be found [HERE](#).

ACTIVE MEMBER: \$25 USD
STUDENT MEMBER: FREE
RETIRED MEMBER: \$10 USD
ASSOCIATE MEMBER: \$25 USD
LIFETIME MEMBER: \$500 USD
FRIEND OF ANDIA: \$25 USD

Be an Independent Preceptor

Did you know that you can register to be an independent preceptor with ACEND and obtain continuing education? Email us at ANDIAAssociation@gmail.com to find out more.

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Our Mission

To connect nutrition and dietetic professionals globally and advance the profession through research, education, and outreach in accordance with the philosophy and teachings of the Seventh-day Adventist Church.



Submission Information

This newsletter is a way of connecting with our members. You are invited to submit articles, news, and leave comments/recommendations. Find article submission guidelines [HERE](#).

Article Submission Deadlines

Winter Issue: January 6, 2023

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