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ANDIA NEWS

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Building Brain Health – Preventing Alzheimer’s Disease
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MESSAGE FROM THE PRESIDENT

Abigail Clarke- Bitok, PhD, MPH, RDN



Dear ANDIA members,

Thank you for continually supporting the Adventist Nutrition and Dietetics International Association. The year 2023, has not been without its challenges but we are grateful for your support. At the beginning of this year, we brought you two informative presentations, one by Dr. Don Hall and the other by Dr. Katia Reinhert. We have also launched our membership portal which allows members to access case studies, and recordings from previous webinars.

For the past four months, our team has been planning something big! I am therefore pleased to announce that on October 28th and 29th, ANDIA will host its first virtual Health and Nutrition Symposium. This interactive symposium seeks to cater to all our members' needs including our students, dietitians, and associate members. Thus, we will have sessions on the Seventh-day Adventist Health message, a much-anticipated presentation on gut health, presentations from different Seventh-day Adventist Universities, and a session on non-traditional careers in dietetics and how to start your own nutrition business.

The symposium is opened to anyone wishing to attend. However, only ANDIA members will have access to the recordings and the presentation slides after the symposium. I encourage those of you who have not renewed your membership to do so in order to not miss out on this benefit.

As an organization, we have also received numerous several requests from individuals seeking the services of Registered Dietitians. Consequently, ANDIA will be providing members with the opportunity to advertise on the website (free of cost). It will be optional for all members.

Again, I thank you for your continued support to ANDIA and I look forward to seeing you on October 28 and October 29 at our virtual Health and Nutrition symposium.

Yours in Christ

Abigail Clarke, Ph.D., MPH, RD
President, 2023

MESSAGE FROM THE EDITOR

Kristie LeBeau, MPH, RD, RN



Dear Friends and Supporters,

We welcome you to the fall edition of our Adventist Nutrition & Dietetics International Association (ANDIA) newsletter. During this time of the year, the rich bounty of the season offers us a reminder of the Creator's blessings. As we reflect on the changing seasons, we're reminded of the importance of nourishing not only our bodies, but also our spirits and minds. In our feature article, "Building Brain Health," Dr. Don Hall describes the lifestyle changes that can protect our brain from Alzheimer's disease, a growing threat to our aging population.

In our historical feature, Dr. John Westerdahl shares fascinating history and photographs of Dr. John Harvey Kellogg. Our member spotlight offers us a glimpse into the the career and perspectives of an accomplished registered dietitian member. Finally, we're excited to share details of the upcoming virtual health and nutrition symposium, taking place October 28 - 29, 2023.

As the year draws to a close, we extend our gratitude to each of you for your continuing support. We hope this edition of our newsletter leaves you informed and inspired. Wishing you a season filled with good health, happiness, and a deep sense of faith and purpose.

Kristie LeBeau, MPH, RN, RD
ANDIA Newsletter Interim Editor

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ON SOCIAL MEDIA**

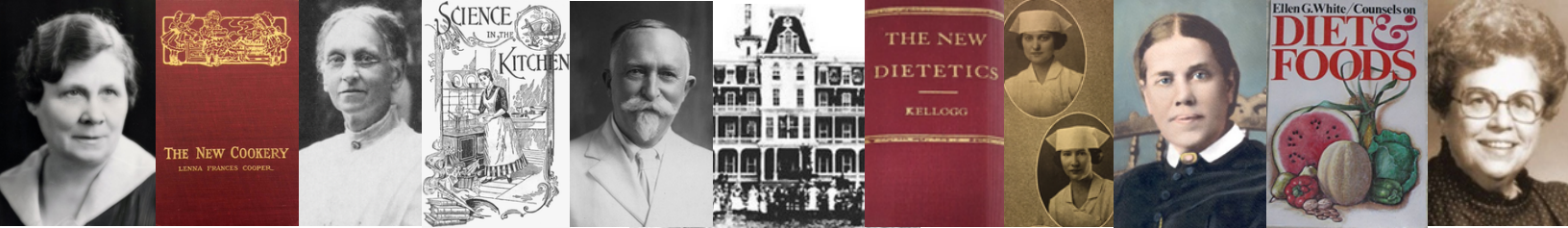


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[@adventistdietetics](#)

Here, we post the latest ANDIA news and events, healthy recipes, member spotlights, and more!



HISTORICAL REFLECTIONS OF ADVENTIST NUTRITION AND DIETETICS

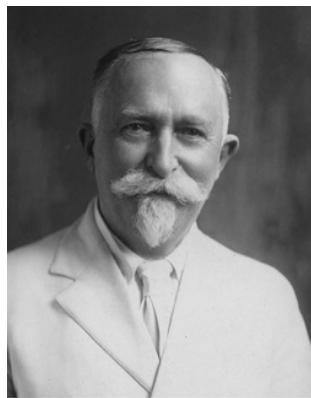
This column explores the historical legacy of the Adventist nutrition and dietetics work and ministry, through articles and reprinted writings of Adventist nutrition and dietetics pioneers, for historical and educational purposes.

Excerpts From the Forward and Nutrition and Diet Sections of Dr. John Harvey Kellogg's Booklet: RULES FOR RIGHT LIVING

*by John Harvey Kellogg, M.D., LL.D., F.A.C.S.
Superintendent and Chief Medical Director of the Battle Creek Sanitarium*

FORWARD

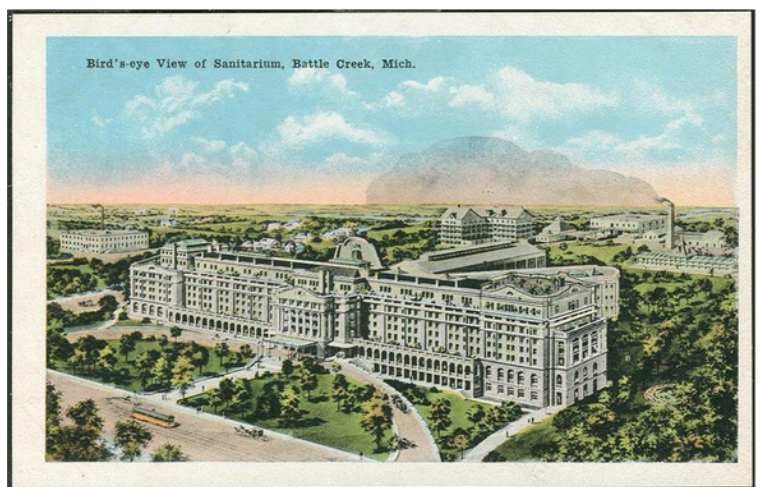
With the cooperation of hundreds of interested and intelligent colleagues, the Battle Creek Sanitarium, of which the writer has been Medical Director since October 1, 1876, has been a center of research, experiment, clinical study and adventure in the fine art of biologic living.



Dr. John Harvey Kellogg

Laboratories have been fitted up and provided with up-to-date appliances for chemical, nutritional, and physiologic research and placed in the charge of trained directors, some of international fame. Close touch has been maintained with the chief laboratories of the world and a constant wide survey made of scientific literature. New discoveries bearing on health have been tested and when found meritorious adopted. Much time and large sums of money have been expended in this world-wide search and intensive research.

...The Battle Creek Sanitarium where more than 300,000 persons have been treated, which has grown in seventy years from a small two-story frame building with twelve patients to its present proportions with accommodations for one thousand patients. The treatment of these patients by physiologic methods and health training in accordance with biologic principles and methods has afforded an excellent opportunity for testing and validating the methods and ideals presented [by the Sanitarium] of aiding chronic invalids to recovery.



The Battle Creek Sanitarium

The results of the practical application of these biologic methods in restoring to health and efficiency many thousands of chronic invalids who had been regarded as incurable has created a wide demand for a brief epitome of the Battle Creek Sanitarium Idea of right living...

THE RULES

1. Breathe deep.
2. Work, play, read, study, and rest in the open air.
3. Take a sun bath often enough to keep the skin well browned.

ABOUT EATING

4. Eat what you like; that is, food which you can relish.

Food must be relished as well as wholesome to be well digested. The taste and odors of foods, if agreeable, cause the saliva and gastric juice to flow. "The mouth waters" and the stomach also. The "appetite juice" thus formed, even before the food reaches the stomach, is the most active agent in gastric digestion. Says Pavlov, "Appetite means juice" ...

5. Prefer natural foods.

Use the same good sense and judgment in feeding yourself as in feeding your dog, a pet canary, or a prize-winning horse. Primitive man ate his food as he found it prepared for him in the forest. In other words, he ate all his food in a raw and natural state. We cannot easily do this, but may profit greatly by eating largely of foods which are edible in a natural or uncooked state, such as lettuce, celery, cabbage, carrots, turnips, fresh fruit, nuts, and dairy products.

Biology teaches that man's natural diet is fruits,



Battle Creek Sanitarium tray room, where vegetarian meals were prepared by Sanitarium food service workers and dietitians for tray delivery to patient rooms and the main dining room

grains, nuts, tender shoots, and succulent roots (Cuvier, Buffon, and other naturalists) rather than meats.

6. Avoid too much protein.

The daily amount of protein required is small compared with that of other food elements. An ample amount is supplied by such foods as bread and other cereals, beans, peas, soy beans, supplemented with the proteins of milk or nuts to insure good nutrition. A pint of milk or soy milk daily or three or four ounces of nuts or two of soy beans taken with plenty of other foods will amply supply all the protein needed and of excellent quality.

7. Avoid meats, fish, flesh, and fowl because they are unnatural foods and hence not well adapted to man's use as are natural foodstuffs.

Here are other good reasons:

(a) Meats are very deficient in vitamins and lime. The iron of meat is of an inferior sort...

(b) Lean meat contains uric acid (14 grains to the pound) and about one-fourth of its weight of other harmful toxins and tissue wastes which necessarily burden the liver and kidneys.

(c) Fresh meats are grossly infected with colon germs during and after killing. Ordinary cooking kills only part of the colon germs of meat.

(d) MacMillan, the Arctic explorer, informed the writer that the meat-eating Eskimos are short lived – old at fifty...

(e) Bright's disease is most frequent in meat-eating countries (Hindhede). The same is true with cancer.

(f) Meats, especially pork, are often infected with living parasites. The pork parasite, trichina, is spreading rapidly...The government warning to avoid eating raw pork is insufficient...The sale or use of pork as food should be forbidden.

EGGS

8. Use eggs sparingly, and only when known to be perfectly fresh.

They may be discarded without injury if care is taken to provide sufficient protein, iron, and vitamins by the use of peas, beans, nuts, soy beans and plenty of green vegetables.

MILK – DAIRY PRODUCTS

9. Cow's milk disagrees with many persons

...Many persons are sensitized to cow's milk and cannot make use of it without headache, constipation, asthmatic attacks, skin eruptions...or other unpleasant symptoms.

Boiled milk is often less objectionable than raw... Persons who discard meat may make sure of getting an ample amount of "complete" protein by using daily from a pint to a pint and a half of milk. When dairy products and eggs are eaten, meat is superfluous.

Many persons have found it highly profitable to dispense with animal products of every sort,

practically excluding from the dietary eggs and dairy milk as well as fish, flesh, and fowl. It should be noted that such a restriction of diet requires a carefully balanced and varied bill of fare.

BUTTER AND OTHER FATS

10. Give preference to vegetable fats, excepting butter.

Butter is...[a] source of vitamins A and D. Other animal fats are less wholesome than vegetable fats and much less digestible...

Nuts are excellent sources of easily digestible fats...

CEREALS – BREAD AND BREAKFAST FOODS

11. Avoid free use of cereals.

Bread and breakfast foods are cheap and concentrated source of nourishment, Whole meal or graham bread, wheat flakes, bran flakes, shredded wheat, and rice (preferably unpolished) are the best cereals, but they should not be made the chief sources of nourishment. Eat less cereals and more potatoes.

12. Restrict the use of cane sugar.

Carbohydrates in the form of sugar are attractive on account of their sweetness, but not always wholesome...Cane sugar is least wholesome.



Main Dining Room of the Battle Creek Sanitarium

GREEN VEGETABLES

13. Make fresh green vegetables a part of every meal because of their richness in vitamins and food minerals, of which they are the chief source.

At least one fresh uncooked food such as lettuce, celery, cabbage, carrots, or cucumbers should be eaten at every meal. It is a good plan to make at least one meal daily consist largely of uncooked foods. The juice of the raw turnip and other vegetables is most excellent.

FRESH FRUITS AND FRUIT JUICE

14. Make fresh fruits or fruit juice a part of every meal.

Of highest value are the orange, grapefruit, apple, and tomato. Canned tomato juice is nearly as good as fresh juice. Eat very freely of all fresh fruits in their season. Such juicy fruits as apples, citrus fruits, peaches, and melons may be eaten at any time as well as at meals. They require little digestive work.

BULKAGE FOODS

15. Eat bran or other bulkage freely to encourage colon activity.

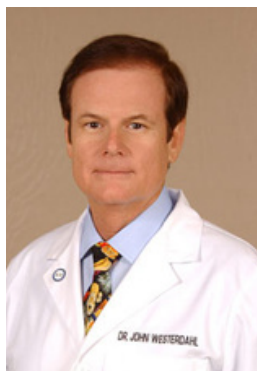
The natural unprocessed bran is most efficient. Fresh fruits and vegetables have value, especially berries, prunes, and figs, but the hemi-cellulose of fruits and vegetables is digestible. Wheat bran is more efficient because of its woody or cork cells are indigestible. It may be made a part of every meal by most persons with great profit. It is best to take it at intervals during the meal so that it will be thoroughly mixed with the rest of the food, thus avoiding impaction.

References

1. John Harvey Kellogg, Rules For Right Living, Health Extension Department, Battle Creek Sanitarium (Battle Creek, Michigan: 1936)

IN SUMMARY

1. Breathe deep.
2. Work, play, read, study, and rest in the open air.
3. Take a sun bath often enough to keep the skin well browned.
4. Eat what you like; that is, food which you can relish.
5. Prefer natural foods.
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7. Avoid meats, fish, flesh, and fowl because they are unnatural foods and hence not well adapted to man's use as are natural foodstuffs.
8. Use eggs sparingly, and only when known to be perfectly fresh.
9. Cow's milk disagrees with many persons.
10. Give preference to vegetable fats, excepting butter.
11. Avoid free use of cereals.
12. Restrict the use of cane sugar.
13. Make fresh green vegetables a part of every meal because of their richness in vitamins and food minerals, of which they are the chief source.
14. Make fresh fruits or fruit juice a part of every meal.
15. Eat bran or other bulkage freely to encourage colon activity.



John Westerdahl, PhD, MA, MPH, RDN, FAND, DipACLM. is Past President of ANDIA and Past Chair of the Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics. He is currently in private practice as a nutrition and lifestyle medicine consultant in Thousand Oaks, California. His weekly national radio talk show, Health & Longevity, is broadcast on the LifeTalk Radio Network.



BUILDING BRAIN HEALTH – PREVENTING ALZHEIMER’S DISEASE

By Don Hall, DrPH, MPH, Founder of Wellsource Inc®

The following article was originally a webinar presented by Dr. Don Hall. It has been edited for brevity and clarity.

Keeping the brain healthy is something we all have a vested interest in. I’m sure we’ve all met people or had family members that have had problems with senility, dementia, and Alzheimer’s disease as they get older, and it’s a sad situation. Oftentimes, we think “There’s nothing I can really do.” But there is! And when people learn about this, they’re encouraged to say, “Well, you know, there are things I can do to keep my brain in good health.” So we’re going to run through those quickly and try to leave a little time at the end if you have questions as well.

I’d like to start with a little picture of the brain anatomy, and as you can see, the brain is highly vascularized. It has a rich network of arteries and veins to carry nutrition to the brain to keep it in good health. And what it boils down to is if you want to have good brain health, you need to have good brain circulation. The brain is only about 2% of body weight. But it carries 20-25% of the blood pumped by the heart, so [you can see] it does its share, and more. And researchers say that when working hard, as much as 50% of the body’s energy is used by the brain.

Brain diseases, especially dementia, and the most common, Alzheimer’s, is a disease that is becoming more and more common worldwide, and especially in the United States. It’s now the sixth leading cause of death, at over 121,000 deaths per year. There are even more deaths from Alzheimer’s than there is from diabetes. Also the trend is that Alzheimer’s has been growing rapidly. In the last 20 years. Rates of breast and pancreatic cancers, heart disease, stroke and HIV have all decreased, but Alzheimer’s has increased by 145% in the last 20 years! Disease trends show that Alzheimer’s Disease (AD) is developing more rapidly than nearly any other health problem, largely because of the rapid increase in people over the age of 65 and, as will be shown, the high prevalence of poor health practices including poor diet, lack of exercise, obesity, high cholesterol levels, smoking, and high alcohol intake in the U.S. population.

The lifetime risk for Alzheimer's is about one in 10, for men, and about one in 5 for women during a lifetime. Of course, it’s in the latter years of life. Women are at higher risk, so when working with women in nutrition programs, it is important to highlight this risk.

Alzheimer's is characterized by:

- An accumulation of amyloid plaque
- Tau tangles (tangled bundles of fibers), a destructive process.
- Loss of connections between brain cell and muscles and organs of the body
- Loss of brain cells, they die causing the brain to shrink in severe Alzheimer's

(NIH, National Institute on Aging, Alzheimer's Disease)

These changes generally start taking place 10 years or more before there are any symptoms.

The most noticeable damage begins in the hippocampus, that part of the brain essential for forming memories.

Symptoms of Alzheimer's:

- Memory loss, which is probably the most common and one of the earlier signs
- Impaired reasoning and judgment
- Word finding, communicating
- Repeating questions, confusion
- Taking longer to complete normal tasks
- Losing things, misplaced in odd places
- Problems handling money/paying bills
- Mood and personality changes, agitation, anxiety, aggression
- Problems recognizing family and friends

As you begin to read this list, you might think "I have this problem." Well, we all do, but not to the extent of someone with AD; even the mood and personality will change. Some of these are common symptoms we may all experience from time to time, but as they become more common, they usually indicate cognitive decline.

I remember my aunt had this problem, and her son came to sit down beside her, when we were at a meeting together, and she said, "Now, who are you?" and he said, "Mom, I'm your son." It's so sad. And after about 5 minutes, she asked him, "Now who are you again?" That's really sad, isn't it? If we lose our memory, what have we lost? We've kind of lost our life, haven't we?"

So doing what we can to keep the brain in good health is very important for all of us.

Lifestyle Factors Linked to an Increased Risk of Alzheimer's:

- Chronic diseases:
 - *High blood pressure*
 - *High cholesterol levels*
 - *Diabetes*
 - *Obesity*
 - *Depression*
 - *Heart disease and stroke*
- Low educational level
- Low social interaction
- Low activity level
- Poor eating habits – what we emphasize here
- Poor sleep habits
- Smoking, and a high alcohol intake

Steps to Maintain Cognitive Health:

- Protect the brain from injury
- Exercise regularly.
- Eat primarily a healthy, plant-based diet.
- Spend time with family and friends – social interaction.
- Keep one's mind active.
- Maintain a healthy blood pressure, cholesterol, and blood glucose level.
- Maintain a healthy body weight.
- Stop smoking or remain a nonsmoker
- Get help for depression and excessive stress (stress is damaging to the brain; it can even stop the process of brain cell growth)
- Avoid a high intake of alcohol.
- Get adequate sleep daily.

Adopt a Brain Healthy Diet:

What is a brain-healthy diet? Here are some of the characteristics:

- A brain-healthy diet is one that:
 - *Reduces the risk of heart disease*
 - *Reduces the risk of diabetes and high blood pressure*
 - *Promotes good blood flow to the brain*
 - *Is low in saturated fat and cholesterol*

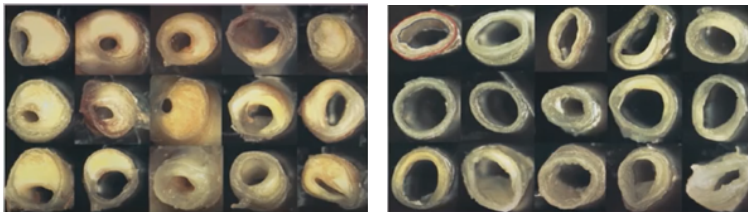
- *Is high in antioxidants*
- *Is largely plant-based*
- *Is unrefined (low in ultra-processed foods)*

Cholesterol and Risk of Alzheimer’s Disease:

We know cholesterol is a factor in heart disease, and we find it is also a factor in brain health. In a study of 9,800 people for 40 years (Dementia and Geriatric Cognitive Disorders, 28:75-80) 469 people developed Alzheimer's. Those persons with high total cholesterol levels (240 mg/dL+) had a 57% increased risk of developing Alzheimer’s Disease compared to those with normal levels (< 200 mg/dL). Persons with moderately elevated cholesterol (200-239) had a 23% increased risk of dementia. The risk of Alzheimer’s disease climbs as cholesterol levels increase. Helping people to keep their cholesterol levels down is one way to protect the brain.

High blood pressure damages the brain, increasing the risk for strokes and cognitive impairment. Stroke destroys the brain as well and can cause significant problems.

In the SPRINT Mind Study, people with high blood pressure who were treated to lower their pressure significantly lowered their risk of cognitive impairment as well as heart disease. A large longitudinal study of 31,000 adults found that treating high blood pressure lowered the risk of Alzheimer’s Disease by 16%. Those who had their blood pressure treated had the same risk of AD as those without high blood pressure



Those who have dementia have serious atherosclerosis.
SOURCE: Michael Gregor, *Nutrition Facts*

Healthy diets promote healthy circulation.

A large recent study (JAMA Intern Med 2023; 182(2): 142-153) looked at eating habits and

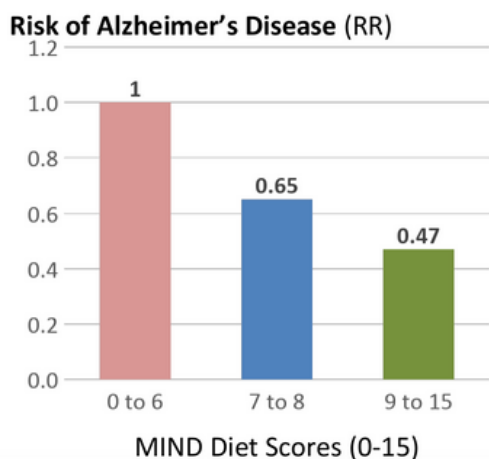
mortality in 75,000 women and 44,000 men and the risk of mortality overall and for specific deaths over a period of 36 years. Those following a healthy eating pattern had significantly lower total mortality. They looked at four eating patterns: the Healthy Eating Index, the diet.

recommended by our government. They had a 19% lower risk of total mortality. Those following the Mediterranean diet had an 18% lower total mortality, those following a plant-based diet had a 14% lower mortality, and those following the alternate healthy eating index (AHEI) diet from Harvard, which had the best reduction (20%) in total mortality. Then they looked at specific diseases. Those following healthy eating patterns had a significantly lower risk for heart disease, stroke, cancer, and lung disease. Those following the Mediterranean diet and the AHEI diet had the lowest mortality from neurodegenerative diseases such as AD. These diets were higher in nuts, healthy fats, and fish. Healthy fats seemed to be particularly protective of the brain.

Another study looked at plant-based diets of 2,148 people for 4 years (Archives of Neurology 67; 669-706.) They found certain foods were protective: those high in nuts, leafy greens, cabbage family, tomatoes, and fruits. Plus, fish and poultry in place of red meats significantly lowered the risk of AD. Those that followed this kind of diet, versus a diet high in red meats, high-fat dairy, organ meats, and butter, lowered the risk of AD by 38%. After 4 years of follow-up, 253 people got AD. They analyzed the diets of those who got AD and those who didn't. Foods linked to AD included: high-fat dairy products (whole milk, whole yogurt, cream, ice cream, cheese), red meat, organ meats, and butter. Food linked to lower risk of AD: nuts, salad dressings, tomatoes, cruciferous vegetables, dark green leafy vegetables, fruits, fish, and poultry (in place of red meat).

More recently, a new diet has come out; it's called the MIND diet, and a study on how closely people followed this MIND diet over 5 years and their risk of developing AD. Participant's got scores of 0-15 for eating the right kind of foods that lowered their risk of developing brain problems. Those who followed it moderately well

(scores of 7-8) had a 35% decrease in AD, and those who followed it very closely (scores of 9-15), cut their risk of AD by 53%. Those following the MIND diet the most closely showed a decline in cognitive function by 7.5 years!



MIND Diet, *Alzheimer's and Dementia* 2015; 11:1015-1022

Mind Diet Component Servings and Scoring:

MIND diet component servings and scoring

Diet component	0	0.5	1
Green leafy* vegetables	□2 servings/wk	>2 to <6/wk	□6 servings/wk
Other vegetables ^y	<5 serving/wk	5 to <7 wk	□1 serving/d
Berries ^z	<1 serving/wk	1/wk	□2 servings/wk
Nuts	<1/mo	1/mo to <5/wk	□5 servings/wk
Olive oil	Not primary oil		Primary oil used
Butter, margarine	>2 T/d	1-2/d	<1 T/d
Cheese	7 + servings/wk	1-6/wk	<1 serving/wk
Whole grains	<1 serving/d	1-2/d	□3 servings/d
Fish (not fried) ^k	Rarely	1-3/mo	□1 meals/wk
Beans ^x	<1 meal/wk	1-3/wk	>3 meals/wk
Poultry (not fried) ^l	<1 meal/wk	1/wk	□2 meals/wk
Red meat and products ^m	7 + meals/wk	4-6/wk	<4 meals/wk
Fast fried foods ^{**}	4 + times/wk	1-3/wk	<1 time/wk
Pastries and sweets ^{yy}	7 + servings/wk	5-6/wk	<5 servings/wk
Wine	>1 glass/d or never	1/mo-6/wk	1 glass/d
Total score			15

MIND Diet, *Alzheimer's and Dementia* 2015; 11:1015-1022

Food Linked to Improved Cognitive Score:

- **Green leafy vegetables** (1/day)
- **Other vegetables** (1-3+ per day)
- **Berries** (2+ per week)
- **Whole grains** (3+ per day)
- **Nuts** (5+ per week)
- **Legumes** (3+ per week)
- **Extra virgin olive oil** (use as your primary fat)
- **Fish** (at least once per week, not counting fried fish sticks or fast-food fish)
- **Poultry** (at least twice per week in place of red meat, but not fried poultry or fast-food poultry)
- **Or plant proteins daily in place of red meat**

Foods Linked to a Decline in Cognitive Score

- **Butter and margarine** (solid fats), limit to < 1 tablespoon per day
- **Red meats** (hamburger, beef tacos or burritos, hot dog, sausage, roast beef, steak, deli meats, pork, bacon, meatballs, or meat loaf), limit to no more than 1-2 times per week if eaten at all
- **Cheese**, limit to < 1 oz. per week
- **Fast, fried foods** (French fries, chicken nuggets, etc.), limit to less than once per week
- **Pastries and sweets** (doughnuts, snack cakes, ice cream, soft drinks, cookies, pudding, brownies, or pie), limit to no more than 1-4 servings per week

(MIND Diet, *Alzheimer's and Dementia* 2015; 11:1015-1022)

Saturated Fat Intake and Risk of Alzheimer's:

A long-term study (21 years) from Finland using data from the Finnish healthcare system, showed that eating a high saturated fat diet increased the risk of developing dementia. On the other hand, a high intake of unsaturated vegetable oils (unsaturated fat) lowered the risk of AD. Healthy fats are protective to the brain (*Neurobiology of Aging* 25:399, 2004)

A study of over 8000 people, looking particularly at saturated fat, showed that those with a higher saturated fat, there was a 39% increased risk of AD and twice the risk of developing dementia. For every 4 g increase in saturated fat, which is not very much, the risk of AD increased by 15%. (Current Alzheimer's Research 2018, 19(9):869-876)

Food High in Antioxidants are Protective of Neurodegenerative Disease

The more antioxidants a food contains, the more protective they are against the oxidative process that ages brain cells and causes damage. An ORAC score (measure of antioxidant activity) of 3,000 – 6,000 per day is recommended. Below, is a list of ORAC scores of several common foods. Keep in mind that antioxidants are found almost entirely in the brightly colored plant foods.

Fruits	ORAC units *	Vegetables	ORAC units *
Avocado	1,933	Peanut butter	3.166
Apple, red	4,275	Spinach	1,513
Blueberries	6,552	Kale	1,770
Cherries	3,365	Red Bell peppers	935
Strawberries	4,322	Broccoli	1,510
Raspberries	4,882	Red cabbage, ckd	3,145
Orange	2,103	Red leaf lettuce	2,426
Kidney beans	8,606	Asperges	2,252
Black beans	8,040	Eggplant	1,000
Walnuts	13,541	Oxygen Radical Absorbance	
Pecans	17,840	Capacity for 100 g of food.	

As you can see, there are many components of a diet that improves cognition, and this article just scratches the surface. There are other factors as well, including adequate physical activity, adequate sleep, maintaining a healthy body weight, eliminating alcohol intake, social activity, stress management, and keeping the brain active, that also play significant roles in maintaining healthy cognitive function.



PLANT-BASED COOKING CORNER

INGREDIENTS

- 1 Medium Watermelon
(*your choice of fresh fruit*)

TOPPINGS:

- ¼ c blueberries
- ¼ c cantaloupe
- ¼ c raspberries
- 1 kiwi
- 1 cup of non-dairy cool whip
- Fresh flowers (*optional*)



FRESH WATERMELON "CAKE"

Provided by Evelyn Kissinger, MS, RD



1 cup serving (*approximately 10 servings in a medium watermelon*)



15 minutes

INSTRUCTIONS

1. On a cutting board with a large knife, cut both ends off the watermelon.
2. Place the watermelon upright on one of the cut ends where the surface is flat.
3. Cut the watermelon rind off the watermelon by cutting from the top to the bottom of the watermelon.
4. Shape the cake by removing parts of the watermelon.
5. To make a layered look, cut a circle on the top of the watermelon and remove the outer excess of the circle.
6. Decorate the "cake" with desired fruit and/or fresh flowers.

Nutrition Facts

Serving Size (481 g)

Amount per serving

Calories **191**

% Daily Value *

Total Fat 4g 6%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrates 39g 12%

Dietary Fiber 3g 9%

Total Sugars 31g

Added Sugar 0g

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 48mg 5%

Iron 1mg 7%

Potassium 579mg 22%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. % Daily Value here is based on your custom profile.

MEMBER SPOTLIGHT:

Margarete Collins, MPH, RDN, CDCES, DipACLM

Maggie is a registered dietitian who promotes a wholistic lifestyle approach to prevent, manage, or reverse chronic diseases. Her favorite hobby is to develop healthy plant-based recipes (including the recipe, nutrition analysis, and photography).



1. Why did you decide to pursue a career in nutrition and dietetics?

I was not feeling fulfilled in my first career choice, so I was praying for guidance to choose a new path. Through a series of providences, God helped me to realize that when combining my love for cooking, my love for physiology, my love for the health message (which I learned from the Seventh Day Adventist church), and my love for helping others, there was only one career path I could choose, and that was Nutrition and Dietetics.

2. Tell us about your career path within dietetics.

My first job was as an inpatient adult dietitian. I was primarily working in the cardiac units but crossed-trained to assist in other areas as needed.

A few years later, I took a position as an outpatient transplant dietitian, where I stayed for about seven years.

After that, I went to work as a dietitian specialized in diabetes education and that has been my primary job to this date. Besides my main jobs, throughout my career I've also taken side jobs as an undergraduate and graduate level adjunct professor, doing cooking demonstrations, consulting, writing articles, conducting webinars, and doing private consultations.

3. What skills do you consider to be essential in this field?

A love for learning, as knowledge in this field is constantly evolving; motivational interviewing skills, which involves a lot of interpersonal skills (such as empathy, respect, compassion, etc); problem-solving skills; and practicing what you preach.

4. Have you noticed any changes in public perception and nutrition awareness since you started working as a dietitian in your country or community?

With the birth and rise of social media since, food and nutrition-related posts seem to be a growing trend. I think that has greatly contributed to increased nutrition awareness but also increased confusion as there are so many views out there.

5. What is your vision for the field of nutrition and dietetics?

My vision for this field is to design initiatives to prevent the food industry from influencing nutrition and health related policies; to increase the amount of nutrition classes other health professionals should be required to take before graduating; and to conduct more research on nutrition and lifestyle-based approaches to reverse chronic diseases.

6. Do you have any advice for students who are interested in studying nutrition and dietetics?

This is a great career choice. There are so many job options to choose from in this field, you will never get bored.

7. Are there any upcoming projects you would like to tell us about?

My husband and I are working on a website where I can share nutrition information, whole food plant-based recipes, and offer private services.

8. What is your favorite healthy snack?

I normally don't eat between meals, but one of my favorite go-to healthy "snack food", which I frequently eat as a dessert is dried Turkish figs. I love how their fiber content helps satisfy my sweet tooth with eating just one or two.





IN MEMORY OF:

Dr. Georgia Hodgkin

A life well lived.

On Tuesday, May 9th, 2023, Dr. Georgia Hodgkin, a founding member of SDADA and ANDIA, went to sleep with Jesus. Throughout her life, Dr. Hodgkin displayed a passion for Nutrition and Dietetics, community work, and service.

Dr. Hodgkin began her academic career in Food and Nutrition at Walla Walla College (now Walla Walla University) in Washington. She then moved to Loma Linda to complete her Dietetic Internship at Loma Linda University and earned a Certificate in 1963 and later an M.S. in Nutrition in 1966. She graduated with her EdD from Loma Linda University, Riverside, through the School of Education in 1991 and was awarded the Dean's Award with an emphasis in Administration and Leadership.

In 1963, Dr. Hodgkin began her career as a Clinical Dietitian at Glendale Adventist Medical Center. Between 1964 to 1966, she moved to Loma Linda, where she worked as a Research assistant. In 1978, she was hired by the School of Allied Health Professions (SAHP) Department of Nutrition and Dietetics as an Assistant Professor. She became an Associate Professor in 1992 and then a professor in 2004. In October 2020, she was honored to be named Distinguished Professor Emerita, Nutrition and Dietetics.

Dr. Hodgkin immersed herself in several funded-research activities, presentations, poster sessions, guidance committees, professional society memberships, and community service activities during her illustrious career. She was the Executive Producer of the "Careers in Dietetics" recruitment video by Loma Linda University Media. She authored several peer-reviewed articles and edited numerous nutrition-related publications, especially those that focused on vegetarian nutrition. These include but are not limited to Vegetarian Diets for Children in 2005, Adapting the Vegetarian Diet for Modified Diets in 2003, Vegetarian Cuisine Instructor's Course Manual, 1993, and Diet Manual including a Vegetarian Meal Plan in 1990.

She was responsible for developing the vegetarian pyramid and the vegetarian plates food guides for the General Conference Nutrition Council. Dr. Hodgkin Georgia also served as the President of the Seventh-day Adventist Dietetic Association from 1989-1990 and was a member of the Adventist Nutrition and Dietetics International Association. Dr. Hodgkin enjoyed teaching students and loved interacting with colleagues during her 42 years of at Loma Linda University, School of Allied Health.

The Executive Committee of the Adventist Nutrition and Dietetics International Association extends its deepest condolences to the Family of the Late Dr. Georgia Hodgkin. She will be dearly missed.



ANDIA UPDATES

Check out our new educational materials!
Available in both English and Spanish.

PREDOMINATELY PLANT BASED- PROTEIN SOURCES



			
Cheese 1/2 cup = 12 g pro	Cottage Cheese 1/2 cup = 12 g pro	Seitan (cooked) 1/2 cup = 19 g pro	Tofu (firm) 1 cup = 23 g pro
			
Quinoa (cooked) 1 cup = 8 g pro	Tempeh (cooked) 1/2 cup = 17 g pro	Cow & Soy Milk 1 cup = 8 g pro	Greek Yogurt 1 cup = 21 g pro
			
Nuts 1/2 cup = 15 g pro Nut Butters 2 tbsp = 7 g pro	Eggs (cooked) 2 eggs = 12 g pro	Beans (cooked: black, pinto, kidney) 1 cup = 15 g pro	Lentils (cooked) 1 cup = 16 g pro

Visit adventistdietetics.org

Data obtained from USDA nutrient databases and protein content has been rounded to the nearest whole number.

FUENTES DE PROTEINAS PREDOMINANTEMENTE DE ORIGEN VEGETAL



			
Queso 1/2 taza = 12 gr de proteína	Queso cottage 1/2 taza = 12 gr de proteína	Seitan (cocido) 1/2 taza = 19 gr de proteína	Tofu (solido) 1 taza = 23 gr de proteína
			
Quinoa (cocida) 1 taza = 8 gr de proteína	Tempeh (cocido) 1/2 taza = 17 gr de proteína	Leche de vaca o soya 1 taza = 8 gr de proteína	Yogurt griego 1 taza = 21 gr de proteína
			
Semillas 1/2 taza = 15 gr de proteína mantequilla de semillas 2 cdas = 7 gr de proteína	Huevos (cocidos) 2, = 12 gr de proteína	Frijoles (cocidos) negros, rojos, judias 1 Taza = 15 gr de proteína	Lentejas (cocidas) 1 taza = 16 gr de proteína

Visita adventistdietetics.org

Datos obtenidos de USDA los nutrientes han sido aproximados a numeros enteros.

COMING SOON:
ANDIA membership directory will be available on the website to all members.



ANDIA Virtual Health & Nutrition Symposium 2023

MEETING DETAILS

**ANDIA members are invited
to attend**

**Free for all ANDIA members
and students**

WHEN

October 28 from 2:00 pm to
5:00 pm PDT & 29th from 10:00
am to 3:00 pm PDT

**Click here to register for
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SOME FEATURED SPEAKERS



Barry C. Black

Ph.D., D. Min., D.D.,
L.H.D., D.P.S., LL.D.

Is the health message still
relevant today?



John Gobble

DrPH, RDN, LD,
FACLM, MCHES

The Business of Plant-
based MNT



Maggie Collins

MPH, RDN, CDCES,
DipACLM

Diabetes and the Latest
Updates on Plant-based
Nutrition



Krystal George

RDN, AMFT.

Unconventional Careers in
Dietetics



John Westerdahl

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

History of Seventh-day
Adventist Nutrition and
Dietetics



Joan Sabate

MD, DrPH

Environmental Nutrition

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ANDIA NEWS

The Official Newsletter of the Adventist Nutrition & Dietetics International Association



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. Contact us at ANDIAssociation@gmail.com for submission guidelines.

Article Submission Deadlines

Next Issue: November 1st, 2023

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