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ANDIA NEWS



The Official Newsletter of the Adventist Nutrition & Dietetics International Association



**Growing crops to combat food insecurity.
Check out the article on page 15 to find out more.**



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MESSAGE FROM THE PRESIDENT

Edward Bitok, DrPH, MS, RDN



Dear ANDIA Member,

A few months have now passed since the launch of the Adventist Nutrition and Dietetics International Association (ANDIA). ANDIA's officers have been hard

at work to ensure that the organization takes off, steadies, and continues to grow towards fulfilling its mission of advancing the profession through research, education, and outreach.

I am delighted to share that our membership has continued to grow steadily, as we now have over 100 members representing 17 different countries from across the world. We have continued to populate our website with educational materials for members and anyone in the general public who may come looking for information. Our first issue of *ANDIA News* was published in early March to coincide with the National Nutrition Month®, an education, and information campaign sponsored annually by the Academy of Nutrition & Dietetics. In the same month, we hosted a webinar entitled "How Safe is a Plant-Based Diet?". The presentation by Dr. Winston Craig explored the latest research on plant-based nutrition and had over fifty attendees. Last but not least, our Facebook and Instagram accounts have been created and are gradually growing with followers.

Even with these milestones, we recognize that there is still a lot more to be done. Our priority in the coming months is to work on enriching member experience primarily through diversified web content and virtual community engagements. We also recognize the untapped wealth of expertise within our membership ranks, and for

this reason, we will continue to reach out to some of you to contribute to the organization in specific ways. We shall also continue to explore the possibilities of building strategic partnerships with organizations that share similar goals and objectives as ANDIA.

Here is what I'd like you to do. First, like our Facebook page [Adventist Nutrition and Dietetics International Association](#) and follow us on Instagram [@adventistdietetics](#). Secondly, invite your friends and colleagues to follow us on these platforms. Lastly, please join our scheduled webinars and presentations whenever time allows. Scheduled events will be communicated to you through our website, email, and social media platforms.

In closing, I'd like to thank and recognize the dedication of our exceptional volunteer officers. Your enthusiasm and commitment to ANDIA is truly admirable, and I am deeply honoured to be able to work with you. I am reminded that in the scheme of things, our collective purpose is to witness for Christ and prepare souls for eternity, and it's my prayer that "The Lord bless you and keep you; The Lord make his face to shine upon you and be gracious to you; The Lord lift up his countenance upon you, and give you peace" (Numbers 6:24-26).

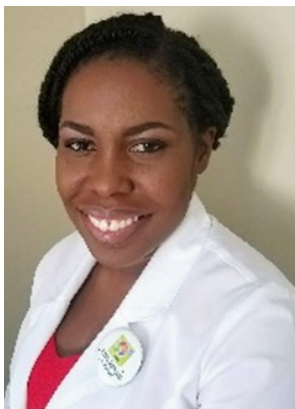
Edward Bitok
ANDIA President 2021/22





MESSAGE FROM THE EDITOR

Neosie Morris, MPH, BS



"Pioneers in Adventist nutrition and dietetics," "Myths of a vegetarian diet," and "Combating food insecurity and malnutrition." These are just some of the information you can read about in this issue of *ANDIA News*.

across the globe to Africa to see how one organization is tackling food insecurity. Also in this issue is information on nutrition and dietetic programs offered at Loma Linda University, missionary work in Lima, Peru, a member spotlight, a healthy treat made from quinoa, and an upcoming webinar series you don't want to miss.

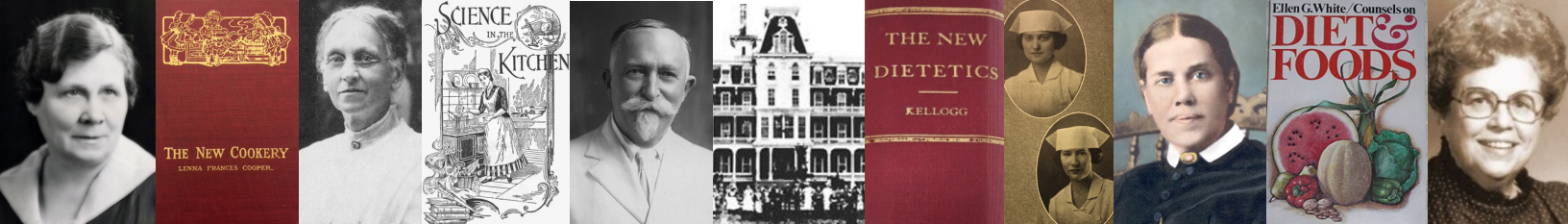
Neosie Morris, MPH
ANDIA News Editor 2021/22

In our hot topic article, we debunk some of the myths surrounding vegetarian diets. We take you



"But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law."

Galatians 5: 22-23



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.

Lenna Frances Cooper, B.S., M.A., M.H.E., Sc.D.

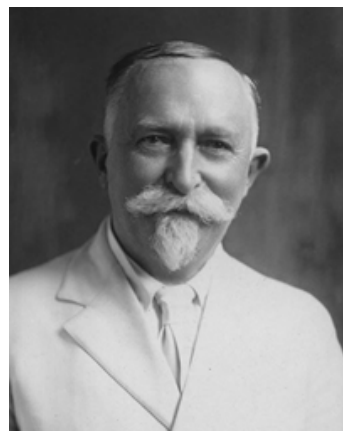
Pioneer in Adventist Nutrition and Dietetics, Vegetarian Medical Nutrition Therapy, and Cofounder of the Academy of Nutrition and Dietetics

PART 2

By John Westerdahl, Ph.D., M.A., M.P.H., RDN, FAND, DipACLM

In 1901, Lenna Frances Cooper graduated in nursing from the Battle Creek Sanitarium in Battle Creek, Michigan. It was there that she became a protégé of the famed vegetarian physician, Dr. John Harvey Kellogg, superintendent, and medical director of the Sanitarium (1-4). During the early part of the twentieth century, the Battle Creek Sanitarium became world-famous as a leading medical center, spa-like wellness institute, and grand hotel that attracted thousands of patients actively pursuing health and well-being. The Sanitarium served only vegetarian meals to its patients and visitors. People of all social classes from around the world flocked to the Sanitarium to personally experience its unique vegetarian diet and wellness program, which Dr. Kellogg called “biologic living”. The Sanitarium’s notable guests included President Abraham Lincoln’s wife and former First Lady Mary Todd Lincoln, aviator Amelia Earhart, educator and founder of Tuskegee University Booker T. Washington, Olympic swimmer and actor Johnny Weissmuller, founder of Ford Motor Company Henry Ford, inventor Thomas Edison,

American financier and philanthropist John D. Rockefeller Jr., Nobel prize-winning playwright George Bernard Shaw, businessman J.C. Penney, and African-American abolitionist and women’s rights activist Sojourner Truth. Dr. Kellogg and his team of dietitians even worked with presidents such as William Howard Taft, Warren G. Harding, Herbert Hoover, and Franklin Delano Roosevelt (5-7).



Dr. John Harvey Kellogg



Mrs. Ella Eaton Kellogg

Under the tutelage and inspiration of Dr. Kellogg and his wife, Ella Eaton Kellogg, Lenna first developed her love for the study of foods and

their scientific preparation (3, 8). Dr. and Mrs. Kellogg encouraged Lenna to go to the Drexel Institute in Philadelphia to study foods and food chemistry where she excelled in her studies. She later received her bachelor's (1916) and master's (1927) degrees from Columbia University.



Lenna Frances Cooper
The Graduate


In 1947, Lenna was awarded an honorary doctor of science degree from Drexel Institute of Technology (2-4).

foundation of the dietetics courses taught at the school under Lenna's supervision. More than 500 dietitians graduated from Battle Creek under her tenure (2-4). Lenna became a leading proponent for health care through diet and a pioneer in the field of vegetarian nutrition and dietetics.



Lenna Frances Cooper
Dean, Battle Creek Sanitarium
School of Home Economics

In Part 3 of this article, we will learn more about Lenna Frances Cooper and her contributions to vegetarian nutrition and dietetics. We will also feature examples of the menus served at the Battle Creek Sanitarium.



Be a Dietitian

Scientific knowledge of food preparation and food values enables you to obtain profitable employment in sanitariums, hospitals, infirmaries, schools, colleges, universities, seminaries, women's clubs, Y. W. C. A.'s, Y. M. C. A.'s, factories, department stores and other big industrial establishments.

We give the most complete training known for this work. Consequently, our graduates are always in demand. There is no age limit for pupils. Any intelligent woman may qualify as a Dietitian.

Our students are drawn from the best families. This means a delightful social atmosphere. You also have free access to the great libraries, laboratories, gymnasiums, playgrounds, assembly halls, swimming pools and the unique social life of the great Battle Creek Sanitarium.

Tuition reasonable—living expenses low—and students have opportunity to earn money while taking the necessary training. Large illustrated book FREE on request. Write for it today. We also have courses for—

Cooking School Teachers and Housekeepers

Lenna Frances Cooper, Principal

School of Home Economics

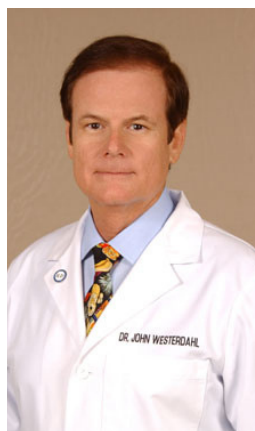
109 Administration Bldg., Battle Creek, Mich.

Advertisement for the Home Economics/Dietitian program offered at Battle Creek Sanitarium School of Home Economics.

Dr. Kellogg appointed Lenna as the Chief Dietitian of the Battle Creek Sanitarium and the Director and Dean of the Battle Creek Sanitarium School of Home Economics. The School of Home Economics began in 1906, offering a one-year course for matrons and housekeepers. In 1907, a two-year course to instruct teachers and lecturers was offered. All courses included training in the Sanitarium's philosophy of health through "biologic living". The growing demand for trained dietitians for hospitals led to the school's development of a two-year comprehensive course in dietetics to be included in its curriculum. Vegetarian nutrition and cooking were the

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IMPORTANT NUTRIENTS IN A VEGETARIAN DIET – BUSTING THE MYTHS

By Angela Vince Saunders, MA, RD

Plant-based vegetarian diets are growing in popularity. But can we get all the nutrients we need from plants? If we don't eat meat or other animal products, where do we get protein, iron, zinc, calcium, vitamin B12 and omega-3 (1)?

Myth 1: Where will I get protein — isn't plant protein inferior?

Protein is important for the growth and repair of your body's cells. By eating a variety of plant proteins throughout the day and enough calories to maintain body weight, you will get all the protein you need (1-4). Good sources of plant protein include:

- Legumes such as lentils, red kidney beans, chickpeas (garbanzos), black beans
- Wholegrains such as whole wheat, brown rice, quinoa, amaranth grain
- Soy foods, including tofu, tempeh, soy milk, soy yogurts, dehydrated soy or textured vegetable protein, soy burgers or sausages
- Burgers and similar products formulated from pea protein
- Nuts and seeds
- Dairy products and eggs (for vegetarians who are not vegans)

Myth 2: Vegetarian diets are deficient in iron and zinc.

Iron is an essential mineral needed by your body to transport oxygen, which helps with energy production. There are two different types of iron found in food, heme iron and non-heme iron. Heme iron is found only in animal products, and non-heme mostly in plant foods (1,2,4). Here's how you can include more plant sources of iron in your diet, and foods that help with absorption (1-4):

- Eat wholegrains and iron-fortified cereals, tofu, legumes, nuts, seeds, dried fruits and dark green leafy vegetables daily
- Include vitamin C-rich foods, such as citrus fruits, berries, pineapple and other fruits, tomatoes, capsicum (sweet bell pepper), broccoli or cabbage with each meal to help increase the amount of iron your body absorbs
- Avoid drinking tea, coffee, cocoa and red wine with your meals as these will reduce iron absorption

Zinc is needed for growth in children, a healthy immune system and wound healing. The phytates

in wholegrains, wheat bran, and legumes can reduce the amount of zinc your body absorbs. However, by using normal cooking or processing methods such as leavening (yeast in breads), soaking, sprouting, or fermenting these foods, you reduce the phytate level and increase your zinc absorption (1, 2, 4). Tips for increasing your zinc intake include:

- Consuming nuts, seeds, legumes, tofu, tempeh, brown rice and wholegrains regularly
- Choosing wholegrain breads and cereals over more refined varieties, as they naturally contain more zinc
- Soaking dry legumes before cooking them
- Using sprouted legumes like mung beans and lentils on sandwiches and salads



Sprouting legumes increases availability of zinc

Myth 3: I can't get enough calcium from plant foods.

Calcium is an important nutrient for healthy bones and teeth. It also helps blood clotting, and nerve and muscle function. Calcium absorption is increased if you have good levels of vitamin D (1,3,4). You can increase your calcium intake by:

- Consuming dairy, or dairy-free milks (soy, nut, seed, or rice milk) fortified with calcium on your breakfast cereal, in cooking, hot drinks, a smoothie or when making homemade desserts
- Including other plant-based sources of calcium regularly, such as Bok choy, broccoli, kale and collard greens, almonds, unhulled tahini (sesame seed paste), amaranth grain, dried figs, and calcium-set tofu (1,3,4)

Myth 4: A plant-based vegetarian diet does not provide sufficient vitamin D.

Vitamin D helps your body absorb calcium into your bones and is good for boosting your mood and immune system (1,4). Food sources of vitamin D include:

- Vitamin D fortified foods including margarine and some milks and plant-based dairy alternatives
- Vitamin D mushrooms (treated with UV-light)
- Eggs (1,3,4)

Myth 5: A plant-based vegetarian diet does not provide sufficient vitamin B12.

Vitamin B12 is required to make your DNA, red blood cells, and a protective layer around nerve cells. Spirulina, chlorella, and most nutritional yeasts do not provide your body with reliable amounts of vitamin B12, if any. The active form of vitamin B12 occurs naturally only in animal foods such as meat, dairy and eggs, however, many plant-based food alternatives are now fortified with B12 (1-4). Ways to increase your vitamin B12 intake, include:

- Eating eggs and drinking dairy or vitamin B12 fortified plant-based non-dairy beverages
- Other fortified food alternatives that have added vitamin B12 like soy burgers, soy schnitzels and other fortified plant-based meat alternatives
- Vitamin B12 fortified ready-to-eat cereals, in countries where available.
- Supplementing your diet with vitamin B12 (by tablet or fortified foods) especially if you follow a vegan diet – and talk to your doctor and dietitian if you're unsure.

Note: Cyanocobalamin is the most common form of B12 used in fortified foods and supplements. Methyl-cobalamin is also available in supplement form but appears to be just as effective as cyanocobalamin. A 500-mcg tablet 2 to 3 times per week would be recommended for vegans (1,4).

Myth 6: I must eat fish to get enough omega-3.

Omega-3 helps to reduce inflammation in your body, protecting your heart and brain (1-4). Ways to increase omega-3 in your diet, include:

- Grinding flaxseeds and sprinkling on your cereal or adding to bread and muffin mixtures
- Sprinkle chia seeds, hemp seeds and/or walnuts on your breakfast cereal, yogurt, salads, in smoothies, and use when making healthy muffins and desserts
- Omega-3 fortified plant-based non-dairy beverages.
- Omega-rich eggs
- Omega-3 algae-based supplements which are available for vegetarians and vegans with increased omega-3 needs (like pregnant or breastfeeding women).

Well-planned vegetarian and vegan (plant-based) diets can provide all the nutrients needed for health during all stages of the lifecycle. Some fortified foods may be needed. A B12 supplement is recommended especially for vegans who don't consume fortified plant-based beverages/foods (1-4).



Chia, hemp, and flax are good sources of omega-3

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Angela Vince Saunders is an Accredited Practicing Dietitian, with a Master of Arts in Leadership and Management (Health Services) and a BSc in Dietetics from Loma Linda University (1979). Angela's current role (15 years) is Senior Dietitian for Science and Advocacy at Sanitarium Health and Wellbeing, Australia. She was coordinating editor and co-author of the Medical Journal of Australia 2013 supplement "Is a Vegetarian Diet Adequate?" and co-author of several book chapters on vegetarian/vegan nutrition.

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PROGRAM & STUDENT HIGHLIGHTS: LOMA LINDA UNIVERSITY

By Celine Heskey DrPH, MS, RDN and Edward Bitok DrPH, MS, RDN



LOMA LINDA
UNIVERSITY

Loma Linda University continues to be a leader in nutrition research and education. Guided by the University's motto "to make man whole", the academic programs offered across two schools are designed to graduate

competent nutrition & dietetics professionals who are prepared to go into the world and further the healing and teaching ministry of Jesus Christ.

The School of Public Health continues to build on its rich history of plant-based nutrition research by engaging in interdisciplinary research across public health disciplines and the Basic Sciences. This collaborative way of working assures that the school continues to promote and build on its core legacy of vegetarian and plant-based nutrition. Guided by its Nutrition faculty, the School of Public Health hosts the International Congress on Vegetarian Nutrition (ICVN), the premiere scientific conference on the health effects of plant-based diets held every 5 years.

The School of Allied Health Professions offers bachelor of science and master of science degree programs that lead to professional careers. Graduates are prepared to be registration eligible; and upon passing boards, be employed as clinical dietitians in hospitals and as directors of health-care and school food service facilities. Some own private practices, offering consulting services to long-term care facilities, sports teams, and other venues.

Coordinated Program in Nutrition & Dietetics

The CP in Nutrition and Dietetics is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). A CP includes both the lecture-based coursework and 1,200 hours of supervised practice required by ACEND. Upon completion of a CP, the graduate is eligible to take the boards (RD exam) to become a Registered Dietitian (RD)/Registered Dietitian Nutritionist (RDN). *Five Coordinated Program* options are available at Loma Linda University.

1. BS in Nutrition & Dietetics - Entry occurs at the beginning of the junior year of college. To be eligible for admission, the applicant must have completed a minimum of 96 quarter units at an accredited college or university.
2. Bachelor of Science + Master of Science in Nutrition and Dietetics - Entry occurs at the beginning of the junior year of college. Students complete the BS portion (two years) and immediately enter the MS portion (one year).
3. MS in Nutrition & Dietetics (prior BA/BS degree) - This program is for persons with an earned bachelor's degree in a field other than nutrition and international students.
4. MPH in Nutrition with a Coordinated Program in Dietetics - This program's area of emphasis is public health nutrition. The supervised practice hours include a 400-hour public health practicum that provides an opportunity for students to be involved in projects with a long-lasting impact on a local, regional, and/or international community.

5. Master of Science in Nutrition and Dietetics (post-Didactic Program in Dietetics) - This program is for persons who have completed an ACEND-accredited DPD program.

Other Nutrition Programs

- *MS in Plant-based Nutrition (Online)* - This is a competency-based program developed in direct response to the increasing demand (registered dietitians and other health care professionals) for a graduate curriculum focused on plant-based nutrition.
- *PhD in Nutrition* - The program is designed to provide an advanced curriculum in nutrition, professional skills, and competencies required to support careers in teaching and research.

STUDENT HIGHLIGHTS

Each year, Nutrition and Dietetics students get the opportunity to participate in short-term mission service trips around the globe. Students participated in two mission trips in 2019.



Nutrition & Dietetics students educating members of a local Seventh-day Adventist church in Peña Blanca, Honduras.



Nutrition & Dietetics students teaching nutrition to high school students at the Adventist Bilingual School in Peña Blanca, Honduras.



Nutrition & Dietetics students teaching nutrition to grade school children at the Adventist Bilingual School in Peña Blanca, Honduras.



Nutrition & Dietetics students Heidi, Mayabel, and Olivia spending time with children at the Pan American Health Service - a rehabilitation center for severely malnourished children in Peña Blanca, Honduras.



June 2019 – Adventist Health International: multidisciplinary, short-term mission trip to Mozambique, Africa. Krystal George, MPH, RD educating mothers on good nutrition for their families.



Celine Heskey, DrPH, MS, RDN is an Assistant Professor of Nutrition at Loma Linda University's School of Public Health. She teaches courses on nutrition assessment, medical nutrition therapy for heart disease and diabetes, the health impact of plant based dietary patterns, and nutrition counselling and education.



Edward Bitok, DrPH, MS, RDN is the current Chair and Director of the Coordinated Program in Dietetics at Loma Linda University's School of Allied Health Professions.



ADVENTIST NUTRITION AND DIETETICS INTERNATIONAL ASSOCIATION

is pleased to announce an upcoming

PLANT-BASED NUTRITION WEBINAR SERIES

Topics and Dates:

"Can Vegetarian Diets Prevent and Treat Diabetes?"

Presenter: Dr. Zeno Charles-Marcel

Adjunct Associate Professor of Medicine at Loma Linda University

Sunday, October 10, 2021

"Are Vegetarian Diets Adequate for Growing Children?"

Presenter: Dr. Reed Mangels

Senior Nutrition Advisor for the Vegetarian Resource Group

Sunday, November 14, 2021

"Vegetarian Nutrition: Pathway to Sustainable Diets"

Presenter: Dr. Joan Sabaté

Director of Center for Nutrition, Lifestyle and Disease Prevention,
School of Public Health, Loma Linda University

Date to be determined

"Impact of Vegetarian Diets on Health of the Human Microbiome"

Presenter: Dr. Fayth Miles

Assistant Professor of School of Public Health and School of Medicine,
Loma Linda University

Date to be determined

REGISTRATION DETAILS TO FOLLOW LATER



IT'S BETTER TO GIVE THAN TO RECEIVE

By Liesbeth Fernandez, MS, RDN, FAND

Business travel to Lima, Peru during COVID-19 was an experience. My husband, David, and I left the wintry small village of Holly, Michigan for the warm metropolis of Lima. Lima is the largest city in Peru, with over 1,000 square miles in size and over 10 million people in population. It is in the southern hemisphere with opposite seasons to that of the northern hemisphere. Pacific coastal Lima was established on January 18, 1535, and founded by Francisco Pizarro. Comparing the population of Holly to Lima, the opportunities for sharing the Lord in Lima were exponential!

December of 2020 brought some interesting opportunities to share with those in despair and affected by social inequalities. My husband and I encountered many impoverished immigrants from the devastated country of Venezuela. They have migrated all over the world to escape political and desperate economic circumstances. Currently, Peru has the second-largest Venezuelan immigrant population in the world. About one-and-a-half million lawful, and over two million unlawful Venezuelan immigrants have arrived in Peru to evade their devastating political and economic conditions. The unlawful and unemployed are hungry and desperate to make it in life.

Knowing the dire condition of the immigrants, we made it a point to carry fruits, bread, and other food items in my husband, David's, big day

backpack as we went into the city. Anyone we saw begging within close proximity, we gave food and/or beverage to them. Sharing food gave us the opportunity to hand out pocket-sized literature like Glow Tracts, El Centinela, and others. Most persons expressed their gratitude and bade us God's blessings. These individuals may not realize it, but David and I felt more blessed and fulfilled than they did. We came back to the US more blessed than ever imagined!



Liesbeth and her husband David at the "Malecon" (boardwalk) in Miraflores, Lima, Peru.



Liesbeth shares food with a Venezuelan immigrant who was selling candy on a street in Miraflores, Lima, Peru.



Liesbeth Fernandez, MS, RDN, FAND is a Consulting Dietitian Nutritionist and founder of Lifestyle Endeavors, LLC where she has developed a whole plant-based nutrition and lifestyle program. Liesbeth is based out of Flint, Michigan.

MEMBER SPOTLIGHT:

MARLE ALVARENGA, MD, PHD, RD

COORDINATOR, BEHAVIOURAL NUTRITION INSTITUTE

<https://nutricao.comportamental.com.br/> | www.genta.com.br

Marle Alvarenga is a Dietitian based in Brazil who has worked in research, prevention, and treatment of eating disorders since 1994, with over 70 scientific peer reviewed published papers on the topic. She describes herself as the kind of dietitian who likes to eat, likes food, and people who enjoy eating. Marle believes in and enjoys, sharing, and teaching how to make one's day or life happier simply by eating without guilt and unnecessary rules, and attending to our own body's signals. It is a pleasure to feature her in this issue.



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

During high school at the Adventist University of Sao Paulo, Brazil (UNASP), I was interested in biological sciences and opted for a course with technical training in chemistry. When the time came to apply for a university course, I was sure about the field of biological sciences, but I had never seen a dietitian before. The decision to study Nutrition was made somewhat randomly because in Brazil, students choose their careers and opt for college courses immediately after completing high school. I simply read a career guide and decided to apply for the Nutrition program at the University of São Paulo (USP), and I was accepted at the age of 17.

2. Tell us about your career path within dietetics.

After completing my first degree, I obtained a Master of Science, then a PhD degree in Applied Human Nutrition from the USP, in 1997 and 2001, respectively. I later completed my post-doctoral studies in the Department of Nutrition, School of Public Health, USP, after receiving a grant from the São Paulo Research Foundation (FAPESP) to develop my research as a short-term scholar at the Pennsylvania University in 2010. I went on to complete a Mindfulness-Based Eating Awareness Training (MB-EAT) and an Intuitive Eating training by the Intuitive Eating PRO-Skills Training Teleseminar. I was the first dietitian to teach and supervise dietetic interns at the Nutrition undergraduate program of the UNASP. From 2002 to 2004, I coordinated the nutrition outpatient clinic of UNASP, offering nutritional care to a low-income community. I currently work as a professor for the master in nutrition program of the São Camilo University Center, and an external advisor for the graduate program in public health nutrition at the School of Public Health, USP.



3. Why did you choose to focus on eating behaviours?

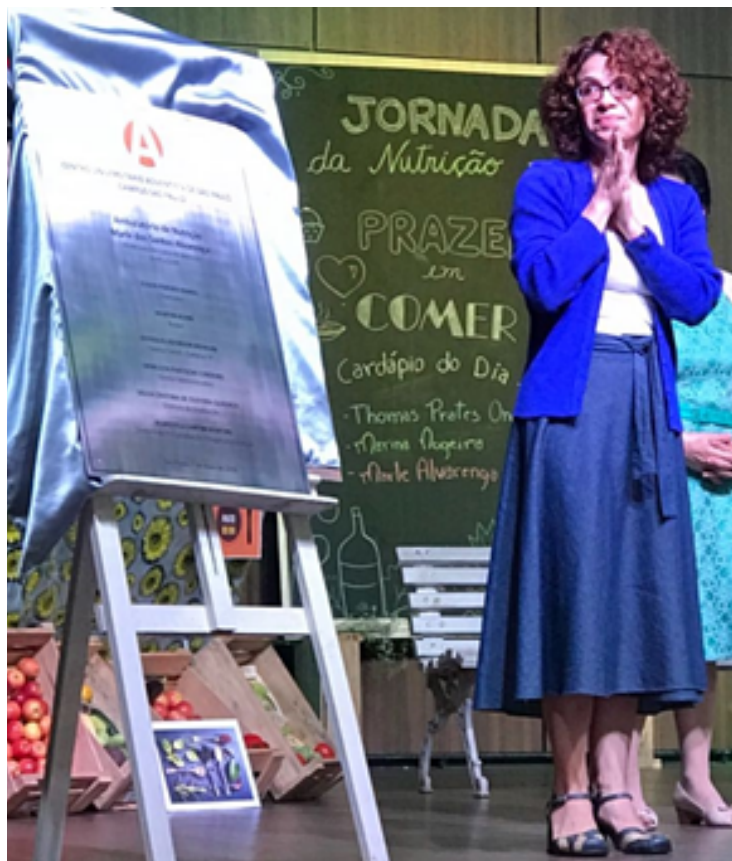
Once I completed college, I was drawn to the area of Clinical Nutrition but was not sure exactly in which area I would work. During the beginning of my Master of Science program, I met professionals who were starting a specialized service for patients with eating disorders at the USP, Faculty of Medicine Clinics Hospital. I volunteered to help those patients and still continue to volunteer, supervising cases in this service, called AMBULIM, which is now a Brazilian center of reference in the treatment of eating disorders (<http://ambulim.org.br/>). Both my M.S and PhD studies would later focus on eating disorders. Since 2007, my research and clinical practice has focused on actions, feelings, beliefs, and relationships with food. I view eating disorders as an important and emerging issue in the field of nutrition and dietetics. Strong interpersonal communication skills is essential in providing patient-centered care. In 2014, I founded, together with other dietitians, the Behavioral Nutrition Institute, which offers courses and organizes events on eating behavior for dietitians.



Launch event of Dr. Alvarenga's book "Eating disorders in Nutrition - From Prevention to Treatment", with authors of the chapter "Orthorexia Nervosa", Gabriela Takeda (left) and Dr. Marcia Martins (right).

4. Is there any other information about yourself that you would like to share with ANDIA members?

I have written the following books: *Eating Disorders and Nutrition - From Prevention to Treatment*, *Behavioral Nutrition*, and *The Science of Eating Behavior*. My research interests are the areas of eating behavior, consumption determinants and food attitudes of different clinical and non-clinical populations, eating disorders, body dissatisfaction, and media influence. I also work with cross-cultural adaptation of research instruments and the assessment of stigma in relation to obesity. I am coordinator of the Specialized Group on Nutrition, Eating Disorders and Obesity – GENTA, a group of professionals who study and work with eating disorders. I enjoy what I do and will continue to help persons with eating disorders, and obesity, in my private clinical practice.



Ceremony of nomination of the Dr. Marle dos Santos Alvarenga Nutrition Clinic, Adventist University of Sao Paulo, Brazil, 2018.



PLANT-BASED COOKING CORNER

Featured Recipe: Quinoa Nuggets

Provided by Elen Azevedo, RD

Quinoa is a gluten-free grain and a good source of protein, B vitamins, vitamin E, and dietary fiber. Add these quinoa nuggets to your lunch meal, or simply have them as a snack.

Estimated preparation time: 40 minutes

INGREDIENTS

- 1 cup quinoa
- 1 $\frac{3}{4}$ cups water or vegetable broth
- $\frac{1}{2}$ teaspoon salt
- 2 $\frac{1}{2}$ tablespoons nutritional yeast (if you use it, reduce the salt, as the nutritional yeast adds salt)
- $\frac{1}{2}$ teaspoon garlic powder
- 3 tablespoons of either cassava, potato or corn starch
- 3 tablespoons chopped green onions or parsley
- $\frac{1}{2}$ cup cooked grated carrots or steamed broccoli finely chopped (optional)
- 1 $\frac{1}{2}$ teaspoons olive oil to coat the pan

METHOD

1. Rinse the quinoa and cook with the water or vegetable stock for 10 minutes.
2. After cooking, let it cool down, then add the salt, nutritional yeast, garlic, onion powder, and chopped green onions. You can also add the cooked grated carrot or chopped steamed broccoli and mix.
3. Add the starch (cassava, potato or corn) slowly. This helps to keep the batter together when cooking.
4. Make mini balls with the dough and flatten.
5. Cook the nuggets in a non-stick frying pan with a drizzle of olive oil for about 2 minutes on each side.
6. Serve with marinara sauce or any sauce of your choice. Recipe makes approximately 18 nuggets. These nuggets can be cooked and frozen for up to a month.



Nutrition Information (per serving/portion):

Calories: 124
Protein: 8.3 g
Carbohydrate: 18.9 g
Total fat: 2.6 g
Sodium: 145 mg
Fiber: 4.6 g



Elen Azevedo, RD is a private practice dietitian in Toronto, Canada. Her passion is to help people and families to discover simple and tasteful ways to have a healthy and balanced diet, with a very positive approach.

INTERNATIONAL NUTRITION

This column features ANDIA members making a difference across the globe.

COMBATING FOOD INSECURITY

Featuring Joy Kauffman, MPH - Founder and Executive Director of FARM STEW

In the last issue, we featured Ms. Joanne Beverley Edwards Miller, RDN, who discussed the work of several seventh-day Adventists churches in British Columbia, Canada, and their effort to promote plant-based nutrition in their community. In this issue, we feature Ms. Joy Kauffman and her work to address food insecurity in the African continent. Joy is a Public Health Nutritionist, and master gardener, whose role as a mother drives her passion for the work of FARM STEW – the organization she founded and leads.

The FARM STEW Recipe

FARM STEW is a hands-on, Bible-based, and science-informed training program, freely sharing practical skills so that, without creating dependency, people can help themselves. The FARM STEW “recipe” includes 8 ingredients that lead to abundant life: **F**arming, positive **A**ttitude, **R**est, whole-foods, plant-based **M**eals, **S**anitation and menstrual hygiene, **T**emperance, small business **E**nterprise, and clean **W**ater. These 8 ingredients can help to prevent hunger, disease, and poverty, and lead to a life with similar characteristics to those found in the Blue Zones (hotspots of health and longevity).

How the FARM STEW recipe works

The FARM STEW “recipe” is shared through a program that provides training in kitchen gardening, plant-based nutrition, and the preparation of local foods by local people and small business enterprises. During a visit to Uganda, Joy was asked by a farmer’s cooperative to go into the villages and teach farmers how to process the soybeans they grew so that they

could better utilize it. While she was there, she learned that they were growing the soybeans but not giving them to their children. The children were suffering from malnutrition due to a lack of protein. She taught the farmers how to soak the soybeans, boil them to make soy milk, and incorporate the by-product of the soybeans into their porridge.



Joy Kauffman, MPH, FARM STEW International Founder and Executive Director with FARM STEW Uganda trainers (in green) celebrating a well cultivated soybean field by a local trainee couple (in purple and grey) in Iganga, Uganda.



Joy Kauffman (front row, second from right) with graduates of the FARM STEW Basic Course at the Church Headquarters in Juba, South Sudan. Participants are excited to have their FARM STEW Certificate and 10kg of Soybeans to plant and share. Sixty-four church leaders from across the country participated in the week-long training in October 2019.

A free online course is available for anyone who is interested in becoming a trainer in the FARM STEW program. Currently, forty-five of the FARM STEW trainers are from countries where one-third of the children are severely malnourished, such as Uganda, South Sudan, and Zimbabwe. Recently, training programs were conducted in Cuba and Malawi. The FARM STEW program has been very successful in these countries. South Sudan, for example, now has 88% of its population living in extreme poverty, on less than \$2 per person/per day. In the area where FARM STEW is working, the percent of malnourished children went from 59% down to only 3% in 18 months.

Those who engage in the FARM STEW training are thankful for the way it has transformed their lives and are committed to sharing the recipe of abundant life with others in their town and district. Participants are so appreciative of the program that in one of the programs conducted in South Sudan, the participants skipped some meals in order to save money to buy two used bicycles for the most committed participants that had volunteered to bring the message of FARM STEW to other villages. Their sacrifice of skipping a few meals would mean others could eat in the future.

Joy believes that changing attitudes about the value of a whole-food, plant-based diet and the work of farming is the key to unlocking a healthy future for millions of families – a mission God has laid on her heart and one she continues to fulfill. To learn more about the incredible work of FARM STEW, visit www.farmstew.org.



Sister Rose and Momma Doreen sort an abundant G-nut (peanut) harvest in South Sudan. Sister Rose is the Women's ministry coordinator in Greater Bar El Ghazal Field and wife of Pastor Paul. Together they are leading an evangelistic outreach effort using the FARM STEW Curriculum.



FARM STEW Peanut Rainbow, a whole-foods, plant-based dish served to training participants in a harvest celebration in South Sudan.



Launch of ANDIA's Facebook and Instagram

ANDIA officially launched its Facebook and Instagram pages on April 4, 2021. We encourage our members to follow us on social media to be kept up-to-date on ANDIA news and events. On these platforms, we will also highlight other topics of interest such as the latest nutrition research, member spotlights, recipes, and more.

You can find ANDIA on Instagram at [@adventistdietetics](https://www.instagram.com/adventistdietetics) and on Facebook at ["Adventist Nutrition and Dietetics International Association"](https://www.facebook.com/AdventistNutritionandDieteticsInternationalAssociation).

Webinar Summary: "How Safe is a Plant-based Diet?"

On March 14, 2021 ANDIA held its very first virtual webinar titled "How Safe is a Plant-based Diet?" During this webinar, presenter Winston Craig, PhD, MPH, addressed the question of safety regarding a plant-based diet, including discussion on popular myths and concerns of plant foods, such as soy and lectins. Dr. Craig dove into the positive aspects of a plant-based diet and furthermore, mechanisms by which phytochemicals contribute to lower risk of many chronic diseases. Specific phytochemicals mentioned in this webinar include anthocyanins, isoflavones, polyphenols, resveratrol, and curcumin. With the latest research utilized to support the information within this webinar, Dr. Craig provided attendees with a comprehensive and evidence-based glance at the effective role a plant-based diet can play in disease prevention and management.

A recording of this webinar is available on ANDIA's website and can be found at <https://www.adventistdietetics.org/educational-materials>.

Dr. Maxine Taylor's Birthday Celebration

Dr. Maxine Taylor, a retired faculty member of the Loma Linda University, Nutrition and Dietetics Department, celebrated her 85th birthday on March 23, 2021. Dr. Taylor was instrumental in developing the Executive Master of Science (MS) in Nutrition Care Management and the MS in Nutrition and Dietetics, which was first offered in Fall 2008 by the Loma Linda University School of Allied Health Professions. Dr. Taylor was a life-long member of the Seventh-day Adventist Nutrition and Dietetics Association (SDADA). The membership committee chair, Dr. Peterson, organized a birthday celebration for Dr. Taylor. Family, friends, former students, colleagues, and some members of ANDIA celebrated with Dr. Taylor on her 85th birthday via a Zoom/drive-through birthday party on March 28, 2021.



Dr. David Taylor stands behind his wife, Dr. Maxine Taylor, as she cuts her birthday cake.

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ANDIA NEWS

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

Article Submission Deadlines

Fall Issue: July 19, 2021

Winter Issue: October 18, 2021

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