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ANDIA NEWS



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**Feeding Your Baby the Best
Selman. Page 07.**



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MESSAGE FROM THE PRESIDENT

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



Dear ANDIA Member,

Become an ANDIA Ambassador!

We need all of our ANDIA members to become ANDIA Ambassadors - wherever they go, and to the people they meet. What

is an ambassador? An ambassador is “a person who acts as a representative or promoter of a specified activity”.

Most ANDIA members are nutrition and dietetics professionals or health professionals in other disciplines. ANDIA members often find themselves during their workdays in contact with other nutrition and health professionals who are not members of ANDIA. Many of these healthcare professionals also have an interest in diet and nutrition. This affords a great opportunity to tell them about ANDIA and invite them to become a member.

As a faith-based organization, most of our ANDIA members regularly attend church. At these churches, you may know many people in your congregation who are interested in health, wellness, and nutrition. Church members who are not nutritionists/dietitians or health professionals can also join ANDIA as a “Friend of ANDIA” member. People that you know in your community who are not SDAs, and have an interest or passion for plant-based, and vegetarian/vegan nutrition and diets can also join as a “Friend of ANDIA” member.

There are many ways you can be an ANDIA Ambassador in order to let people know about ANDIA, and invite them to become a member of our organization.

Here are some ways to spread the word about ANDIA and help in recruiting new members:

1. Let people know you are a member of ANDIA. List it among your professional affiliations, include it in your CV/resume/bio, and have it mentioned in your introductions at professional and public meetings, lectures, media interviews, webinars, and social media.
2. Tell your professional colleagues who have an interest in, or want to learn more regarding plant-based/vegetarian/vegan nutrition about ANDIA. Invite them to become a member.
3. Encourage nutrition and dietetic students to join as a “Student Member”.
4. The “Friend of ANDIA” member category invites anyone (even those who are not Seventh-day Adventist) to become an ANDIA member. People who have an interest in nutrition, particularly plant-based nutrition, should be a member. Share information about ANDIA at church meetings, vegetarian cooking schools, health lectures and seminars, plant-based and vegetarian organizations and societies, and to patients who want to learn more about nutrition.

These are just a few ways of letting others know about ANDIA and helping our organization grow in its membership. As an ANDIA Ambassador, think of your own ways and ideas to spread the word about ANDIA.

Thank you for being an ANDIA member and for your support. We appreciate anything you can do to spread the word about ANDIA and our mission to the world.

In Christ’s Service,
Dr. John Westerdahl
President (2022)



MESSAGE FROM THE EDITOR

Neosie Morris, MPH



Dear Reader,

In this issue of ANDIA News, our “Hot Topic” article focuses on breastfeeding. Since adequate nutrition during infancy is essential for healthy growth and development, we promote

human milk as the best first food for infants. The benefits of breastfeeding are highlighted, along with recommended guidelines, key nutrients, possible alternative options, and its impact on the environment.

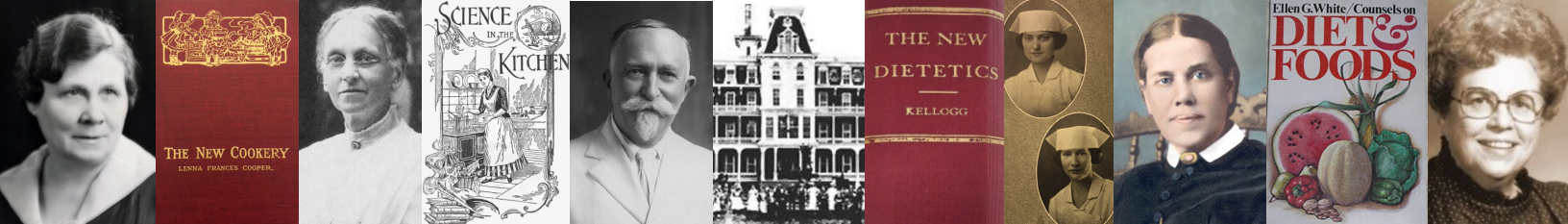
Also in this issue is information on the nutrition program offered at the River Plate Adventist University in Argentina, and a member spotlight on Theresa Page, a nutrition and dietetic intern with a passion for health evangelism. The importance of temperance and simplicity in diet is covered in our column, “Historical Reflections of Adventist Nutrition & Dietetics”. The plant-based recipe Lentil Chocolate Brownies was developed by one of our student members from Argentina.

Thank you to those who contributed to this issue. We appreciate your continued support.

Neosie Morris, MPH
ANDIA News Editor (2022)

“Can a woman forget her nursing child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you. Behold, I have engraved you on the palms of my hands; your walls are continually before me.”

Isaiah 49:15-16



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.

“Simplicity In Diet”

By Lenna Frances Cooper, BS, MA, MHE, ScD

Content contributed by John Westerdahl, PhD, MA, MPH, RDN, CNS, FAND, DipACLM

Lenna Frances Cooper (February 25, 1875-February 23, 1961) was a woman of science and of faith. Her study and life experience and accomplishments in the science of foods and nutrition at the Battle Creek Sanitarium (she served as Head Dietitian of the Sanitarium and Director of the Sanitarium’s School of Home Economics), the Drexel Institute, Columbia University, and Michigan State University eventually led to her receiving an honorary Doctor of Science degree at the Drexel Institute of Technology. In addition to being the co-founder of the Academy of Nutrition and Dietetics (originally called the American Dietetic Association) in 1917, Lenna wrote extensively on nutrition and dietetics, including becoming the senior author of the landmark textbook used by nursing and dietetics students, *NUTRITION IN HEALTH AND DISEASE*. As a devout Christian, working with both the Seventh-day Adventist Church and the First Congregational Church of Battle Creek, Michigan, she was an avid student of the Bible. She had a passionate interest in the study of ancient history and archeology, and

traveled throughout the Mediterranean region including the Middle East during her explorations. Lenna researched the nutritional anthropology of these regions. Her biblical and ancient history knowledge is exemplified in her scriptural description of the Garden of Eden diet (which was a whole food plant-based vegan diet) and her descriptions of the diets of ancient civilizations mentioned in this article.



Lenna Frances Cooper

Lenna stressed the importance of the simplicity and healthfulness of a plant-based diet. In 1904, in her regular monthly column in the Battle Creek Sanitarium’s Good Health magazine, she wrote an article on the “Simplicity of Diet.” Presented here, is an edited portion of that original article.

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

It is quite out of accord with our ideas of the perfect pair as they came from the Father's hand to imagine them sitting down to a modern table spread with luxuries and dainties which have required hours of worry and toil in their preparation. But what a dainty repast they must have had as they partook of the luscious fruit and the wholesome nuts gathered from the overhanging branches of "the trees of the Garden."

No doubt many a weary housewife wishes that people might return to the simplicity of such a diet.

It would hardly be practicable in these days to attempt to live off the "trees of the garden," owing to the fact that sufficiently nourishing varieties do not exist in all localities. Our first parents, on losing their garden home, undoubtedly found difficulty in securing sufficient food from the trees, being compelled to till the ground and eat of the herb of the field in order to supply the requisite nourishment.

It certainly was never intended by the Author of our bodies that we should put into them such mixtures and unwholesome articles as we find spread on our modern tables. That this practice is not only unnecessary, but detrimental to health, is illustrated over and over again in the lives and histories of mankind.

Simplicity in diet was practiced by all the ancient nations. The early Greeks and Romans lived upon fruits, nuts, acorns, and some vegetables, and used no beverage save the clear water of a near-by brook. For several centuries the diet of the Romans remained very simple, *pulmentum*, a porridge made of wheat or spelt, having become a national dish. To this were added such vegetables as peas, beans, lentils, cabbage, and onions.

About two hundred years before Christ, a professional cook was still a needless member of the household, except on occasions of feasts,

when one was procured from the city market for the occasion. Probably it was from the feasts, which followed their sacrifices, that they obtained the suggestion of a more luxurious living...

During the days of the Empire the degeneracy of the people began to show itself in many respects, one of the most notable being that of the diet. Feasting became the main object of life. Dinners were usually served about three o'clock in the afternoon, but often lasted until the morning light broke upon the participants. Indeed, gluttony was so rank that in some cases the guests who had eaten until great discomfort was felt, retired to another room, called a vomitorium, to adopt measures for relieving the stomach of its burden, - only to be able to renew the excesses. There is little wonder that the downfall of such a nation should occur.

In Greece there was one city, at least, which was not contaminated by luxurious diet. Lycurgus, a governor of Sparta, wishing to abolish everything which tended toward effeminacy and degeneracy, arranged for public meals of frugal and simple diet, and everyone was compelled to dine thereon...

Several of the Greek philosophers well understood the value of a simple diet. Pythagoras was a vegetarian, and endeavored to lead his people back to their primitive habits.

The ancient Persians offer, also, an example of a frugal diet.... In Persia the education of the children was considered an essential part of the government. Accordingly, they were all brought up after a uniform manner. The only food for children of young men was bread, cresses, and water, and the design being to accustom them early to temperance and sobriety, "to strengthen the body and lay such a foundation for health as would enable them to undergo the hardships and fatigues of war to a good old age."

Not only did many of the ancients live upon a

simple diet, but many peoples of our own times are doing so, also. The peasants of almost all the European nations live very simply.

The Italians subsist almost wholly upon boiled chestnuts and macaroni with tomato sauce; a handful of chestnuts sufficing for breakfast, and a bowl of macaroni with tomato sauce for dinner.

The hardy Irish peasants live on a diet of potatoes, oatmeal, and buttermilk.

The Russian people are quite frugal in their habits, those of Northern Russia living largely upon mushrooms, fungi of different varieties, potatoes, rice, and sunflower oil. Occasionally fish is added to the list, but more often boiled potatoes with mushroom dressing take the place of meat. Percy Scott Leggatt, in *Physical Culture*, tells of a woman who has lived seventy-two years on a diet of mushroom, fungi, potato flour, sunflower seed, and brown whole-meal bread. She is still strong and active, daily carrying up hill and from house to house the heavy baskets of herbs which she sells.

The people of Southern Russia live upon rye bread, olive oil, vegetable soup, and sauerkraut. As a people, the Russians are among the most hardy of the civilized nations of the day.

The attention of the world has been called of late years to a large part of the population of Russia by the exodus from that country of a great number of Jews on account of the recent persecution there. A great many of them have settled in New York, where there are about five hundred thousand. These people are healthy, strong, and vigorous, which is proved by their longevity. According to the United States census, the Jew lives to the average of fifty-seven and a third years, while the Christian lives only between thirty-three and thirty-four years. One of their writers states that this is due to their strict maintenance of the Laws of Health given them by Moses during their wanderings in the wilderness. These have been

handed down, and strictly adhered to by each succeeding generation.

During their forty years' stay in the wilderness the Jews learned many important lessons. In reality it was a school of preparation for their future national life. They had been in Egypt, living upon a very unwholesome diet, until their appetites were grossly perverted, and no doubt they imagined they could not get along without the "flesh-pot," the leeks, and the garlic of Egypt.

But God saw fit to put them upon a diet, simple, yet perfect, in that it supplied all the needs of the body. This one article of diet they subsisted upon for forty years, only a specified amount, an omer (nearly three quarts), being allotted each person a day; and at the end of this time there was not one sick person among them. Had they been permitted to choose their own food, it is not probable they would have selected or found a diet which would have produced such physical perfection as they attained, or that they would have used it in the proper quantity. Hence two important dietetic lessons were learned in the wilderness; viz., the value of a simple diet, and the importance of not over-loading the stomach.

Some of the aborigines of our own country afford examples of a simple yet healthful diet. The Indians of the Southwest are perforce vegetarians, owing to their living in a dry, barren country where game is not abundant. Most of the tribes of New Mexico and Arizona live upon preparations of wheat and corn, and such vegetables as beans, pumpkins, and melons. Two of the favorite dishes are tortillas and pikami.

Tortillas are made of corn flour and water.... The pikami is made from corn flour, sugar, and a little squash blossom for coloring.

...And these people are well content with their simple fare. A visitor at a mission school in the Yuma reservation once asked the matron how the children thrived upon their new diet, which

consisted principally on corned beef, coffee, white bread, beans, and corn bread. She replied that almost all of the children who attended the school became troubled with indigestion, water brash, and other troublesome symptoms. She further stated that the Indian parents attributed these annoyances to the use of meat, saying, “We cannot eat meat; it is not good for us; it is not good for our children.”

...Even in this age of multiplicity of dishes, there are no doubt many who from choice use only the simplest diet. That such is satisfying and conducive to good health is illustrated in the following instances: Three laboring men in Los Angeles have lived for three years on graham bread and fruit, with a little butter. They remain in perfect health, and are remarkably strong and enduring. The second, that of a woman who for six years has made all her meals of wheat products, granose [a whole grain cereal product similar to granola] and zwieback, ripe fruit of some sort, and nuts in some form to supply the necessary fat. ...she always has an appetite and relishes her food, with no longing for other articles. She enjoys excellent health, and is able to do an unusual amount of mental and physical labor daily, and continually with no vacations.

However, we do not advise everyone to limit himself to so few articles. The diet may be varied according to the season and to one’s age and physical condition. Yet, where these very simple bills of fare [is] the rule, how much time and energy would be spared the busy housewife, who is often the slave of the rolling-pin, and who has little time to enjoy the society of her family and friends, or to take care of her own health or take exercise in the open air, because of the insatiable longings of the stomach.”

Source:
Cooper, Lenna Frances. 1904. Simplicity in diet. Good Health (Battle Creek, Michigan) 39(1):14-17. Jan.



Lenna Frances Cooper wrote regular columns on diet and nutrition for GOOD HEALTH Magazine, a publication of the Battle Creek Sanitarium, edited by Dr. John Harvey Kellogg.



John Westerdahl, PhD, MA, MPH, RDN, CNS, FAND, DipACLM is President of ANDIA and Past Chair of the Vegetarian Nutrition and 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.





FEEDING YOUR BABY THE BEST

By Esther Selman, B.Sc. (Hons), MPH, CVFI

My son was born at the beginning of fall. I needed a C-section which posed some challenges, but I was determined that my baby's first meal would only be breast milk. I knew the benefits of breast milk for both of us. Human milk is known to optimally fulfill the nutritional requirements of the newborn and provide health benefits for the mother. Breast milk contains a variety of protective immune factors (1). The unique antibodies of breast milk help protect infants from numerous illnesses. Breastfeeding for at least 3 months can improve cognitive function in early age children (2).

Furthermore, the mother and baby experience a special mother-infant bonding. Affectionate bonding early in a child's life helps lessen social and behavioral problems in children (3). In addition, breastfeeding can improve a child's neurodevelopment (4). To cease breastfeeding early or not breastfeed at all, has been associated with an increased risk of maternal postpartum depression (5).

Colostrum

Colostrum is the initial lemon-colored secretion from the mammary glands after giving birth. This unique nutrient-rich food possesses many health benefits for the baby. Colostrum is easy for the baby to digest but the infant can handle only 30 g

(1 oz.) a day due to the small size of their stomach.

Compared to mature milk, colostrum is rich in protein and minerals, with less fat and sugar. It is rich in immunologic components, such as secretory IgA and leukocytes. Its content of immunoglobulin A can protect the newborn baby against enteric pathogens (6). The cytokine interleukin-6 in colostrum is involved with host defense against infections. Colostrum has a unique composition that is particularly suitable for the development of the infant born with an immature digestive and renal system. Colostrum also has developmental factors such as epidermal growth factor (7). Adjustments in colostrum content occur when the baby is born with a shortened gestational period. The protective secretory immunoglobulin A levels in colostrum and the milk of mothers with preterm babies is reported to be significantly higher than in the mothers of full-term neonates (8).

After the first few days of life, the colostrum changes into mature breast milk. Mature breast milk contains a higher level of fat, lactose, water-soluble vitamins and calories than colostrum, to enable the baby to grow in size and maturity. Mature milk contains about 90% water, which helps the baby importantly to stay hydrated.

Guidelines

The American Academy of Pediatrics (AAP) recommends breastfeeding exclusively for the first six months of the infant's life, followed by continued breastfeeding as complementary foods are introduced (9). AAP recommends that breastfeeding should be continued for at least one year, or longer. The USDA Dietary Guidelines for Americans also recommends exclusively feeding babies human milk for the first six months of life (10). Presently, about 72% of women in the US breastfeed their babies (11).

Human Milk Bank

There are mothers/parents who would love to breastfeed but due to certain reasons or restrictions are not able to breastfeed. For example, mom may not be producing enough milk, or she may not feel able to breastfeed, or the child may be adopted. Certain medical conditions may exist to make breastfeeding unlikely, or the mother may choose to go back to work. Nevertheless, moms may have the opportunity to access a human milk bank from donors.

Alternatives

When human milk is not available, it is recommended that infants be fed iron-fortified infant formula during the first year of life (10). Infant formula is available based upon either cow milk or soy protein. Both are fortified with necessary vitamins, minerals and DHA according to federal nutrient requirements.

In the US, the FDA oversees the manufacturers of all infant formulas to help ensure that the products are safe and support healthy infant growth (12). Parents may be tempted to make their own formulas during product shortages, such as occurred in the spring of 2020. However, the FDA advises parents of children and caregivers not to use homemade infant formula (12). Homemade infant formula typically contain inadequate amounts of nutrients vital to an

infant's growth. Babies have been hospitalized from hypocalcemia from drinking homemade formulas (12). Infant formulas should not be diluted to extend the formula during times of product shortages or due to economic challenges faced by the family. This practice is dangerous since the infant will end up missing an appropriate level of critical nutrients.

Key Vitamins

It is also important to provide infants with supplemental vitamin D beginning soon after birth (10). It is important for a breastfeeding mom who is a vegan to consume foods containing vitamin B12, to ensure her milk contains this important vitamin for the mental and physical development of the baby and for healthy red blood cell development. If a breastfeeding mother is deficient in vitamin B12, her infant may also become B12 deficient (13).

Unique Benefits of Human Milk

Human milk contains about 15 oligosaccharides (14), a diverse group of multifunctional glycans. These indigestible sugars are the third most abundant component of human milk after lactose and lipids. Their concentration in mature milk is about 12-14g/L (15). The oligosaccharides are associated with many health benefits (15) including aiding in the development of the immune system and having an impact on the intestinal microflora (prebiotic effect). They also have anti-adhesive properties, blocking the binding of pathogens to epithelial cells (15). Unbound pathogens cannot attach to the cell surface and are excreted without causing disease. Oligosaccharides have anti-bacterial, anti-viral and anti-inflammatory effects, and thereby reduce the risk of many infections. Exclusive breastfeeding for up to 6 months can protect the health of an infant. They experience a reduction in the incidence of many diseases such as asthma, allergies, inflammatory bowel disease, diarrhea, type 1 diabetes, respiratory and urinary tract infections, otitis media, celiac disease, leukemia,

and necrotizing enterocolitis (15).

Preterm Milk

Human milk from women delivering prematurely is still considered the milk of choice to feed the premature infant since its modified composition provides for the needed growth and neurodevelopment of the preterm infant (16). Preterm milk has higher levels of protein and many bioactive molecules compared to milk from women delivering at term (17).

Impact of Breast Milk

Early exposure to flavor compounds that appear in amniotic fluid and in breast milk can impact flavor and food preferences later in a child's life and play an important role in establishing food likes and dislikes. These food choices could impact the health of the growing child (18).

Benefits in Adulthood

Breastfeeding is reported to lower the risk of breast and ovarian cancer, obesity, type 2 diabetes, and cardiovascular disease in the mother (19, 20). Researchers at the University of California, Los Angeles, showed that breastfeeding may be neuroprotective later in a woman's life. They found that women who breastfed performed better on a series of cognitive tests in later life compared to those women who did not breastfeed (20).

Good for the Environment

Breastfeeding can be considered a healthy and sustainable dietary practice. Less of our planet's natural resources are used. According to the Academy of Nutrition & Dietetics, breastfeeding provides both environmental advantages and economic benefits. The cost of formula production is eliminated, and the environmental burden associated with the disposal of packaging, cans and plastic bottles is removed (21). Depending on the formula brand, breastfeeding can save a family between \$1,000 and \$4,000 annually (21).

Negative Impact of COVID-19

Due to the COVID-19 pandemic, it was observed that moms and infants did not receive the normal optimal postnatal care received before the pandemic. This situation was related to hospital staff being laid off, staff shortage, or usual staff being moved to provide critical care to the COVID-19 units (22). This had a negative impact on infant care. Additionally, hospitals were discharging mothers and their infants early, limiting the amount of time that families received expert lactation care, education, and technical assistance. As COVID cases and hospitalizations are waning, services are returning to a more normal situation.

Conclusion

To moms who have breastfed, I applaud you. To new moms who are contemplating breastfeeding exclusively for at least six months, I want to encourage you because human milk is the best nutrition for your infant. You and your baby will reap numerous health benefits because of the choice you made to breastfeed, and give your baby the best. There are many good websites available that provide good tips to enable breastfeeding to be an enjoyable and successful endeavour (19, 23-26). In addition, the Academy of Nutrition and Dietetics has valuable resources online for consumers (27) as well as for practitioners (28) who wish to know more about the preparation and safe use of infant formulas.



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Esther Selman, B.Sc. (Hons), MPH, CVFI is a Dietitian/Health Education/Wellness Coach certified in Adult Weight Management and specializing in Plant-Based Nutrition and Lifestyle Disease Reversal. Over the past 25 years she has provided numerous in-person and virtual nutrition education programs including an annual ‘Caribbean Plant-Based Nutrition Conference & Health Expo’ to educate and empower the communities in Barbados, the Caribbean, and the world. Esther has produced a novel plant-based cheese substitute called, Essie’s Sunflower Cheesy Spread. Esther Selman’s passion is to help persons to, “Eat Well, Move More, Live Long.”

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





PLANT-BASED COOKING CORNER

Featured Recipe: Lentil Chocolate Brownies

Provided by Lucia Chavez

INGREDIENTS

- 1 1/2 cups cooked lentils, strained
- 1 medium banana
- 1/2 cup muscovado sugar
- 3 tablespoons sunflower oil
- 2 tablespoons water
- 2/3 cup unsweetened cocoa powder
- 1/2 teaspoon of baking soda
- 1/2 cup all-purpose wheat flour
- 1 tablespoon of vanilla essence

METHOD

1. Preheat the oven to 356°F (180°C). Oil a medium rectangular roasting pan.
2. In a blender, place the cooked lentils, water, banana, oil, vanilla essence, and muscovado sugar. Blend everything and set aside. (Cooking Tip: If you don't have a blender, you can use a potato masher).
3. In a separate bowl, mix the wheat flour, unsweetened cocoa, and baking soda. Add it to the lentils and banana mixture. Mix until a smooth consistency.
4. Pour the mixture into the oiled pan and bake for 20-25 minutes.
5. Leave to cool and cut into squares.

Servings: 12

***Nutrition Information
(per 3 inch piece):***

Calories: 219 kcal

Carbohydrate: 33 g

Protein: 8 g

Total Fat: 6 g

Dietary Fiber: 7 g

Sodium: 122 mg



Lucia Chavez completed her Nutrition and Dietetics degree at the River Plate Adventist University in Argentina. She works as a missionary in Brazil helping others to find Jesus through the health message.

PROGRAM & STUDENT HIGHLIGHTS: RIVER PLATE ADVENTIST UNIVERSITY (UNIVERSIDAD ADVENTISTA DEL PLATA – UAP)

By Martha Ravinovic, RDN



The School of Dietetics and Nutrition is part of the School of Health Sciences at the River Plate Adventist University which operates in the territory of the Argentinian Union

Conference. The campus is located in the center of a small town where a healthy lifestyle is promoted.

The program offered is a BS in Nutrition; the emphasis is on a healthy lifestyle philosophy incorporating plant-based nutrition in the curriculum. Presently, the program at the university is the only one with this specific focus in Argentina. This is what makes the school unique, among others.

More importantly, several years ago, the students had the opportunity to be trained in clinical nutrition. This was conducted through supervised practice with preceptors that included a professor and professor assistants. The Dietetic Internship during the last year is the only one in our country that provides students with an experience in the Adventist Sanitarium and Adventist Health Center. In this internship, students learn about vegetarian food service system management and the clinical practice of prescribing plant-based

diets. Additionally, the school is engaged in special projects such as health talks to the community and local pathfinders about vegetarian nutrition, vegetarian cooking classes offered to culinary professionals from other schools, participation in the university missionary institute conducting health expos, and other health education programs for the community.

Overall, the Dietetics and Nutrition program prepares the students with knowledge and skills to address the nutritional needs in health and disease, and to treat a person as a whole (mind, body, and spirit), as the foundation for the approach to health care.



Nutrition and Dietetic students from the Food Service Management class, presenting their final project.



Students from a Clinical Nutrition class conducting a counseling session with a patient.



Marta Ravinovic, RDN is a Professor of Nutrition at the School of Dietetics and Nutrition at the River Plate Adventist University. She is a contributor to the Adventist magazine in Argentina and conducts weekly health talks for the University's radio, as well as the Adventist Family TV program at Nuevo Tiempo and other local channels.

MEMBER SPOTLIGHT:

THERESA PAGE

NUTRITION AND DIETETIC INTERN

ADVOCATE FOR A PLANT-BASED DIET AND HEALTHY LIFESTYLE HABITS.



1. How did you become interested in the field of dietetics?

I became interested in health when I joined the Seventh-Day Adventist church and became intrigued by the health message that the church promotes. I also became a career literature evangelist for the church, and although I initially promulgated the gospel message, towards the middle of my career I began to lean more toward disseminating the health message. I noticed that people who may not want to discuss religion would passionately talk about health, which would equate to more sharing opportunities.

2. What is your current area of interest?

Due to the pandemic, I didn't get the opportunity to experience some in-person rotations, such as in a hospital, so I'm not sure if I would like the clinical setting. However, I believe I would enjoy educating and counseling people about nutrition and helping them reverse some lifestyle conditions, such as type 2 diabetes mellitus.

3. What are your future goals as a dietitian?

My goal as a dietitian is to marry health and evangelism. When I was fully engaged in literature ministry, people would share with me how they were so frustrated and fed up with taking the doctor-prescribed medications with their manifold side effects. I would love to teach people that to a certain degree, their health is in their hands. The right choices can yield a plethora of positive results.

4. What is your vision for the field of nutrition and dietetics in your country?

My vision for the field of dietetics is that we return to the practice of the renowned quote by Hippocrates, "Let food be thy medicine and medicine be thy food" (according to history, a black man, Imhotep was the first to say this) and it seems as if the field is moving in that direction. I'm excited to be able to witness the dietary guidelines moving to a more plant-forward diet.

5. What is the greatest experience you have had, and how do you see it being applicable towards your future as a dietitian?

I would say my greatest experience was my rotation with Eden Valley Lifestyle Center. They are located in the beautiful mountains of Loveland, Colorado. I stayed in their dormitory for two weeks, and I had the privilege of getting

acquainted with their guests, student medical missionaries, and staff. The people are very warm and welcoming. They use herbs, massage, and other natural methods to treat disease, which is in harmony with my preferred methods of treatment. They call their clients "guests" because they are not a hospital, however, they have a nurse and MD on staff. I learned a lot, and I had the opportunity to do some intake, nutrition-focused physical exams, and shadow the doctor. I was amazed to witness the transformations that took place in the clients from day one to the day they graduated from the program!

6. What is your favorite healthy snack or drink you enjoy having in the summer?

My favorite summer food last year was chilled or frozen watermelon. My cousin stimulated my appetite for watermelon when she attended a zoom health presentation last year for a women's ministry group. She was eating watermelon from her garden. Apparently, I remembered how bright red and juicy it looked, and I kept my refrigerator supplied with sweet, juicy watermelon for most of the summer.

Bio: Theresa Page is a 2020 graduate of Metropolitan State University in Denver, Colorado. She is married with four adult children (one deceased), two stepchildren, and 13 grandchildren, with another one on the way. She enjoys exercising, reading God's word, listening to gospel music, helping others, and learning new things in her leisure time.





ANDIA UPDATES

Student Membership is Now FREE!

On May 30, 2022, the Executive Committee voted to make Student Membership free. This decision was made in recognition that ANDIA Student Members will be the future of our organization for years 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](#).

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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

Fall Issue: July 22, 2022

Winter Issue: October 14, 2022

Contact Us:

Website: adventistdietetics.org

Email: ANDIAssociation@gmail.com

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