

SPRING 2021 · VOLUME 1 / NUMBER 1



# ANDIA NEWS

The Official Newsletter of the Adventist Nutrition & Dietetics International Association







## MESSAGE FROM THE PRESIDENT

Edward Bitok, DrPH, MS, RDN

Dear ANDIA Member,

A little over a year ago, the world awoke to the news of a global novel virus that upended the day-to-day life across the globe. What followed was an exponential increase in coronavirus disease 2019, reaching a calamitous scale in many parts of the world. Whereas 2020 may be the year we want to quickly forget, it is also a year to remember. It was around the same time the world went into lockdown that a group of nutrition & dietetics professionals from around the world came together to finalize the formation of the Adventist Nutrition & Dietetics International Association (ANDIA), an idea that had been mooted nearly two years earlier.

Briefly, ANDIA is an organization whose aim is to unite nutrition and dietetics professionals globally to advance the profession and mission of the Seventh-day Adventist (SDA) Church through research, education, and outreach. We embrace this mission with the understanding that we are indeed blessed in many ways and consequently have a lot to offer the world; including our expertise, the richness and diversity of our cultures and a historical dietary philosophy that has influenced global dietary practices for well over 100 years.

ANDIA builds on the legacy of the Seventh-Day Adventist Dietetic Association which was founded in 1954 by 34 SDA dietitians and became the first denominational professional dietetics organization in the USA. The organization was highly successful, producing its first motion picture in 1963 and publishing several nutrition related materials. Fast forward to the 21st century, and we are currently faced with new challenges including unsustainable food practices shifting global population demographics, and social disparities. As ANDIA's first president, my vision is to lay a solid foundation for a professional

### In this Issue:

**01 - Message from the President**

**02 - Message from the Editor**

**03 - Historical Reflections of Adventist Nutrition & Dietetics: Lenna Frances Cooper Part 1**

**05 - Hot Topic: Seeds: Small in Size, Big in Health Benefits**

**08 - Department & Student Highlights: Oakwood University**

**10 - RDs in Mission: Let's Move Kelowna's 2020 Veganuary Film & Mini Health Expo**

**12 - Member Spotlight**

**14 - Plant-Based Cooking: Vegan Pizza**

**15 - Congratulations to ANDIA's Inaugural Officers**



organization that will not only serve the needs and aspirations of a diverse group of Seventh-Day Adventist Registered Dietitians and nutritionists, but also one that will be at the forefront in tackling these issues.

I am incredibly honored to work with a great team of volunteers who have invested their time, expertise, and resources in establishing this organization. Among our achievements so far is a draft constitution for the organization, an active website, a quarterly newsletter, close to 50 registered members from 5 different countries, just to mention a few. We have events planned for you this year, including an upcoming presentation in March titled “How Safe is a Plant-Based Diet?” and a virtual all members meeting later in the year.

As you can imagine, there is a lot to do. We are seeking volunteers to contribute articles for nutrition education and newsletters, as well as those willing to give virtual presentations. We are also in need of English-Spanish and English-Portuguese translators to help translate our online publications. Finally, as a self-sustaining organization, we need monetary donations to help meet some of the expenses for setting up and running the organization. As we continue this journey together, I pray that God will use us to advance his work here on Earth. “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us” Ephesians 2:10

Edward Bitok  
ANDIA President 2021/22



## MESSAGE FROM THE EDITOR

Neosie Morris, MPH, BS



Dear Reader,

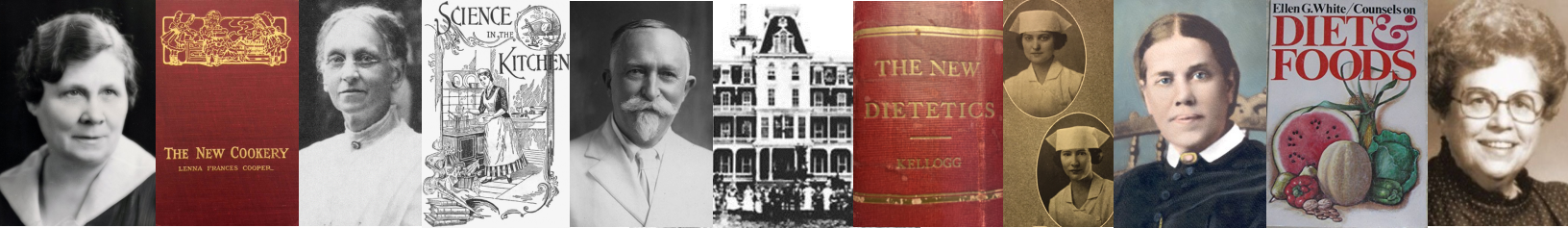
Greetings! Welcome to our very first issue of *ANDIA News*. It is my pleasure to serve as the newsletter editor this year. In this issue, we share about our rich heritage in nutrition and dietetics by looking back

at the contributions made by one of our pioneers. We also share about the health benefits of seeds,

provide highlights from one of our academic institutions, and share about how one member is promoting vegetarian nutrition in her community. You can also find a member spotlight feature, and a vegan pizza recipe. A special thank you to my assistant editor, the communication committee, and all those who volunteered their time to contribute to the newsletter. Hope you enjoy this issue.

Neosie Morris, MPH  
*ANDIA News* Editor 2021/22





# HISTORICAL REFLECTIONS OF ADVENTIST NUTRITION AND DIETETICS

This column explores the historical legacy of the Adventist nutrition and dietetics work and ministry. Through articles on history and reprinted writings of Adventist nutrition and dietetics pioneers, this column is presented 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 1

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

As the Adventist Nutrition and Dietetics International Association (ANDIA) carries on the legacy of the Seventh-day Adventist Dietetic Association (SDADA), it is a good time to reflect upon the Seventh-day Adventist Church's health ministry, history, and legacy in the field of nutrition and dietetics. It is a time to think of some of the early pioneers in the beginning work of the Adventist nutrition and dietetics profession that laid the foundation for our Adventist dietetics education and training programs, and dietetics work within our medical institutions. One such pioneering woman in this work was Lenna Frances Cooper. Lenna was a cofounder of the American Dietetic Association (ADA), which like the SDADA, also changed its name in recent years. It was Lenna's idea to start this national dietetics association. The ADA, now known by its new name, the Academy of Nutrition and Dietetics, has become recognized as the world's largest organization of food and nutrition professionals. Yet few people are aware today that Lenna Frances Cooper began her training and career as a dietitian at the Seventh-day Adventist

Church's Battle Creek Sanitarium. She was a woman of science and faith.



The Battle Creek Sanitarium at Battle Creek, Michigan, United States.

In describing Lenna's character and dedication to the dietetic profession, the July 1965 Journal of The American Dietetic Association states, "This woman who accomplished so much in the field of applied nutrition and dietetics was slight of stature, quiet in voice, and gentle in manner, but she had the true spirit and courage of the pioneers. She had vision, steadfastness of purpose, high integrity, and a thirst for knowledge which she shared freely with her students and staff. Her warm personality and deep understanding of others made her an ideal teacher



and dietitian and won friends wherever she went (1).”

Lenna achieved much in her nutrition and dietetics career. To give structure and professionalism to the field of dietetics, she was the first to propose the formation of and cofounded The American Dietetic Association (now known as



Lenna Frances Cooper

the Academy of Nutrition and Dietetics) in 1917. She became the Academy’s first vice president and later served as the fourteenth president in 1937. During World War I, she was the first Supervising Dietitian for the U.S. Army (1918-1919). In 1929, as a charter member, she became the first president of the Michigan Dietetic Association. Lenna served on the staff of the U.S. Surgeon General and created the Department of Dietetics at the National Institutes of Health. Her greatest renown came as senior author of *Nutrition in Health and Disease*, used as a textbook for 30 years in dietetic and nursing programs throughout the world (1,2,3).

Each year at the Food and Nutrition Conference and Expo (FNCE – the annual conference of the Academy), the Academy recognizes and honours Lenna’s legacy and leadership in nutrition and dietetics through the presentation of the Lenna Frances Cooper Memorial Lecture Award. This highly esteemed award is presented to a dedicated Academy member, notable and inspiring speaker, and role model who has made significant contributions to the profession of nutrition and dietetics (4). Still, few people are aware of Lenna’s personal career background and history as a pioneer in the field of vegetarian nutrition and dietetics. Her study and career in foods and nutrition began with a focus and specialization in vegetarian nutrition with links to the Seventh-day Adventist Church and its famous Battle Creek Sanitarium.

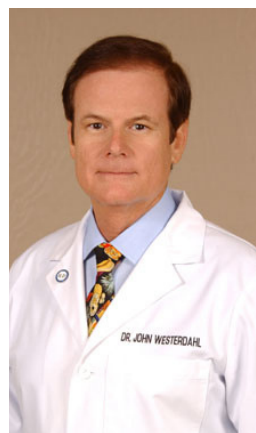
**Lenna Frances Cooper cofounded the** American Dietetic Association in 1917, which later became the Academy of Nutrition and Dietetics in order to modernize its name and mission. The name, Adventist Nutrition and Dietetics International Association also reflects a new era in the global mission of Seventh-day Adventist nutrition and dietetics.



**In Part 2 of this article, we will further explore the biography of Lenna Frances Cooper and her history in Adventist nutrition and dietetics.**

## References

1. Barber MI. 1961. Lenna Frances Cooper - February 25, 1875- February 23, 1961. *J Am Diet Assoc.* 38:458.
2. Editorial. 1951. 1951 Marjorie Hulsizer Copher award goes to Lenna Frances Cooper. *J Am Diet Assoc.* 27:1071-1072.
3. Michigan Women’s Hall of Fame - Lenna Frances Cooper. [www.michiganwomenshalloffame.org/Images/Cooper,%20Lenna%20Frances.pdf](http://www.michiganwomenshalloffame.org/Images/Cooper,%20Lenna%20Frances.pdf).
4. Lenna Frances Cooper Memorial Lecture Award. EatRightPro. <https://www.eatrightpro.org/leadership/honors-and-awards/national-honors-and-awards/lenna-frances-cooper-memorial-lecture-award>.



John Westerdahl, PhD, MA, MPH, RDN, FAND, DipACLM is a 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.





# SEEDS: SMALL IN SIZE, BIG IN HEALTH BENEFITS

By Winston Craig, PhD, MPH

We know that a regular use of nuts is good for our health. But what about seeds? Are they any different? Seeds, like nuts, contain many vitamins and minerals as well as a healthy unsaturated fat. They are rich in phytonutrients. The regular use of seeds or nuts can reduce the risk of heart disease and diabetes. Let's take a look at 4 popular seeds.

## **Chia**

Chia seeds were one of the most important components of the diet of Mayans and Aztecs of Central America. Chia was used by the Aztecs in ancient times as a staple food crop. Today, chia is commonly used to prepare a nutritious smoothie. The seeds can be sprinkled on cereal, added to yogurt, bread and tortillas, served alongside rice, and even soaked in fruit juice and added to desserts. Ground chia seeds can be added to bread dough. Chia gel can be used as an egg replacer in cakes. The seeds can absorb up to 12 times their weight in water. Sixty-five percent of the oil content of chia is omega-3 fat, largely alpha-linolenic acid. Organic fruit-containing chia beverages and fruit chia bars can provide a whopping 1 to 2.5 g of healthy omega-3 fatty acids. The seeds are rich in protein (16-26%) and are gluten free (1).

Chia seeds are a rich source of the B vitamins and the minerals calcium, iron, magnesium, phosphorus, manganese, and zinc. Their rich content of soluble fiber and omega-3 fatty acids enables chia seeds to lower the risk of heart disease and diabetes (2,3).

Chia seeds are rich in polyphenolic compounds such as chlorogenic acid, caffeic acid, myricetin, quercetin, and kaempferol. These antioxidants are believed to have cardiac protective effects (such as the control of hypertension and dyslipidemia), and anti-cancer characteristics. Chia is also a great source of dietary fiber, which is beneficial for controlling diabetes mellitus. Chia also has anti-inflammatory, anti-blood clotting, antidepressant, anti-anxiety properties and can improve immune function (2).

## **Flax**

Flax seed is commonly used in breakfast cereals, breads, and various bakery products. Brown and golden flax seeds have similar nutritional properties. While whole flax seeds are chemically stable, ground flaxseed can go rancid at room temperature in a few days. Ground flax seed should be placed in sealed containers and stored

in the refrigerator or freezer.

Flax seeds are especially rich in magnesium but also have ample levels of calcium, iron, and zinc as well. Flax has a good level of vitamin E and B vitamins. Their protein content ranges from 20-30% (4). Flaxseeds are a rich source of alpha linolenic acid (an omega-3 fatty acid), lignans (health-promoting polyphenolic compounds), and dietary fiber (28%). These bioactive compounds have anti-inflammatory and lipid modulating properties and decrease oxidative stress (5). Flaxseed may protect against cardiovascular disease, cancer, and metabolic syndrome with positive impacts on lipid and glucose levels (5,6).



Chia (left) and flax (right)

## Quinoa

Originally from the Peruvian Andes, quinoa is a seed. However, it is used as a cereal with a nutritional content similar to that of wheat and rice. Quinoa has a good protein content, and the protein is of a high nutritional quality (7). Quinoa is gluten-free, so it is popular with those with celiac disease. Quinoa comes in three varieties - white, red, and black forms. The outer seed coating is normally removed since it contains bitter-tasting saponins.

Quinoa is a good source of folate and other B vitamins, vitamin E, and dietary fiber. The seeds contain larger amounts of calcium, magnesium,

iron, zinc, potassium, and copper than most of the common cereal grains (8). Quinoa seeds have a higher fat content (9.7%) than the cereals including both wheat and rice (2%). Quinoa lipids contain high amounts of oleic acid (25%) and linoleic acid (52%), with 4% of the omega-3 fatty acid, alpha-linolenic acid (8).

Quinoa has a rich array of bioactive phytochemicals with antioxidant and anti-inflammatory activities. These include phenolic acids (vanillic and ferulic acids), flavonoids (quercetin and kaempferol), betacyanins (betanin), and carotenoids (lutein and zeaxanthin) (7). These have significant health benefits, especially in lowering the risk of the oxidative stress that is related to chronic diseases such as cardiovascular disease, diabetes, cancer, and obesity (7).

Betanin, the pigment of the red and black quinoa seeds, is a powerful antioxidant, and inhibits low-density lipoprotein (LDL) oxidation. It inhibits DNA damage and induces phase II enzymes, both mechanisms that protect against cancer. Polyphenols extracted from quinoa downregulate interleukins to prevent obesity-induced inflammation. Some quinoa polysaccharides display significant antioxidant and antidiabetic activity (9).



Quinoa



## Sesame

Sesame seeds with their rich nutty flavor, are a common ingredient in various cuisines around the world. Sesame seeds can be added to breads, bagels, and buns, and may be baked into crackers, snacks, or cakes. Sesame seeds can be mixed with sugar or honey and made into sweets such as Greek pasteli. Tahini (sesame seed paste) is used for making hummus and the confectionery halvah. Toasted sesame seed oil is used to flavor soups and other hot dishes. Sesame seeds provide a good source of fiber, unsaturated fat, and B vitamins as well as calcium, magnesium, iron, zinc, and manganese.

Sesamin, the major lignin isolated from sesame seeds and sesame oil, is known to possess antioxidant and anti-inflammatory properties. Dalibalta, et al. summarized the mechanisms underlying the anti-hypertensive, anti-atherogenic, anti-thrombotic, anti-diabetic, and anti-obesity properties of sesamin (10). Sesamin plays a useful role in lipid and glucose metabolism (11). Sesame oil can decrease LDL cholesterol levels while maintaining HDL levels.

In addition to sesamin, sesame contains three other major lignans: sesamol, sesaminol and sesamol. The four lignans are known to possess anti-cancer, anti-diabetes, and anti-inflammatory properties (11). Their role in scavenging free radicals importantly protects the membrane lipids. Sesame also protects against breast cancer by inhibiting tumor cell growth. Sesamin has anti-proliferative and anti-angiogenic effects on cancer cells and reduces breast cancer cell viability. It arrests the cell cycle and enhances cell apoptosis (12).



Sesame

## References

1. D Melo, TB Machado, M Beatriz, PP Oliveira. Chia seeds: an ancient grain trending in modern human diets. *Food Funct.* 2019 Jun 19;10(6):3068-3089. doi:10.1039/c9fo00239a.
2. R Ullah, M Nadeem, A Khalique, M. Imran, S Mehmood, A Javid, J Hussain. Nutritional and therapeutic perspectives of Chia (*Salvia hispanica* L.): a review. *J Food Sci Technol.* 2016; 53(4):1750–1758. doi:10.1007/s13197-015-1967-0.
3. B Kulczynski, J Kobus-Cisowska, M Taczanowski, D Kmiecik, A Gramza-Michalowska. The Chemical Composition and Nutritional Value of Chia Seeds-Current State of Knowledge. *Nutrients.* 2019 May 31;11(6):1242. doi:10.3390/nu11061242.
4. N Martinchik, AK Baturin, VV Zubtsov, V lu Molofeev. Nutritional value and functional properties of flaxseed. *Vopr Pitan.* 2012;81:4-10.
5. M Parikh, TG Maddaford, JA Austria, M Aliani, TNetticadan, GN Pierce. Dietary flaxseed as a strategy for improving health. *Nutrients.* 2019;11(5):1171. doi:10.3390/nu11051171.
6. JL Adolphe, SJ Whiting, BHJ Juurlink, LU Thorpe, J Alcorn. Health effects with consumption of the flax lignan secoisolariciresinol diglucoside. *Br J Nutr.* 2010;103(7):929-38. doi:10.1017/S0007114509992753.
7. Y Tang, R Tsao. Phytochemicals in quinoa and amaranth grains and their antioxidant, anti-inflammatory, and potential health beneficial effects: a review. *Mol Nutr Food Res* 2017 Jul;61(7). doi:10.1002/mnfr.201600767
8. J Ruales, BM Nair. Content of fat, vitamins and minerals in quinoa (*Chenopodium quinoa*, Willd) seeds. *Food Chem.* 1993;48(2):131-136. [https://doi.org/10.1016/0308-146\(93\)90047-J](https://doi.org/10.1016/0308-146(93)90047-J)

## References Cont.

9. M Tan, S Chang, J Liu, H Li, P Xu, P Wang, et al. Physicochemical Properties, Antioxidant and Antidiabetic Activities of Polysaccharides from Quinoa (*Chenopodium quinoa* Willd.) Seeds. *Molecules*. 2020 Aug 24;25(17):3840. doi:10.3390/molecules25173840.
10. S Dalibalta, AF Majdalawieh, H Manjikian. Health benefits of sesamin on cardiovascular disease and its associated risk factors. *Saudi Pharm J*. 2020 Oct;28(10):1276-1289. doi:10.1016/j.jsps.2020.08.018.
11. MS Wu, LBB Aquino, MY Barbaza, CL Hsieh, et al. Anti-Inflammatory and Anticancer Properties of Bioactive Compounds from *Sesamum indicum* L.—A Review. *Molecules*. 2019 Dec; 24(24): 4426. doi:10.3390/molecules24244426.

12. AC Siao, CW Hou, YH Kao, KC Jeng. Effect of sesamin on apoptosis and cell cycle arrest in human breast cancer mcf-7 cells. *Asian Pac J Cancer Prev*. 2015;16(9):3779-83. doi:10.7314/apjcp.2015.16.9.3779.



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

## DEPARTMENT & STUDENT HIGHLIGHTS: OAKWOOD UNIVERSITY

By Sherine Brown-Fraser, PhD, RD  
Professor & Chair



The Oakwood University Department of Nutrition and Dietetics offers a Bachelor of Science in Dietetics, a Distance Dietetic Internship Program (DIP), and a Masters

in Public Health (MPH) within the School of Nursing and Health Professions. The BS in Dietetics and Dietetic Internship Programs are accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). Our undergraduate program prepares students with the foundational knowledge and skills to be a member of health care teams with the ability to address the nutritional needs in health and disease of a multi-cultural society for service to God and humanity. Our students apply knowledge from physiology, biochemistry, and chemistry to

understand digestion of food, absorption and use of nutrients by the body at different stages of life, and the effects of nutrient deficiencies and excesses. They also draw on the social sciences to understand the socio-cultural, psychological, economic, and political factors influencing choices of food. We seek to prepare our students in the BS, Dietetics program to enter the Dietetic Internships to become Registered Dietitian Nutritionists (RDN) as clinicians studying the relationship between diet and chronic disease. We also seek to prepare our students with training in public health nutrition, monitoring nutritional content of the American food supply, helping to alleviate nutritional problems throughout the world, and work with other health professionals in promoting health and well-being for people of all ages. Interns are highly encouraged to enter the MPH program.



## STUDENT HIGHLIGHTS



**Fall 2019** - Oakwood University Department of Nutrition & Dietetics Partnership with Huntsville Hospital. BS, Dietetic students Practicum Experience. Nadeen McFarlan, Talik Talton, Jasmin Cooks, Sunny Mitchel (center four students). Mrs. Juliana Draper, DIP Coordinator; Mrs. Nadine Dowdie, DIP Director (far right). Preceptors (far left).



**Fall 2019** - BS, Dietetic students Jordan Harris & Sunny Mitchell Celebrate National Nutrition Month



**July 2020** - First Virtual Distance Dietetic Internship Program Orientation (40 Interns)



**2020-2021** - Dietetic intern, Shelby Gorman will be working with Dr. Lisa Darlymple, Healthy Campus 2020 Director, with the Mobile Market providing fresh fruits and vegetable to underserved communities in local food deserts.

## DEPARTMENT HIGHLIGHTS

1. Appointment of Mrs. Nadine Dowdie as the Distance Dietetic Internship Program (DIP) Director.
2. Appointment of Dr. Sherine Brown-Fraser as the Didactic Program in Dietetics Program (DPD) Director.
3. Dr. Joycelyn Peterson- 2020 Award Winner of the Academy's Vegetarian Nutrition Excellence in Service and Leadership.
4. Recipient of OU Title III Grant Funding (\$11,000). Acquired Aquos Board Technology and educational materials for Clinical Nutrition Simulation/Assessment Lab.
5. Recipient of OU Online Futures funding (\$9,000) to enhance virtual education for the Dietetic Internship Program's Alternative Supervised Practice Hours and BS, Dietetics (DPD) curriculum.
6. DIP Webinar with students and Interns: Speaker- Susan Scott, RD- Medical Nutrition Act of 2020.
7. Three-part Clinical Webinar Series: Nadine Dowdie, co-moderates first Adventist Nutrition & Dietetic international Association's (ANDIA) with Dr. Jocelyn Peterson.
8. Attended 2020 FNCE, Virtual FOOD AND NUTRITION CONFERENCE & EXPO.
9. Dr. Eveyln Crayton, RDN, LDN, FAND, 2015-2016 President of the Academy of Nutrition and Dietetics. Guest Speaker for Black History Month.
10. DIP Webinar with Nutritious Lifestyles CEO, Janet Mckee. Nutritious Lifestyles has over 180 Dietitians in the US that can preceptor OU interns and have employment opportunities.
11. Dr. Brown-Fraser interviewed in documentary film surrounding origins of the African American diet. "Back to our Roots, I got the Juice" by Mr. Marion Wilson.
12. Dr. Brown-Fraser Keynote Speaker for 2020 Graduation Pinning Ceremony for BS, Dietetics Graduates.



Sherine Brown-Fraser, PhD, RD is the Department Chair and Professor of Nutrition, Dietetics & Public Health at Oakwood University in Huntsville, Alabama. Her expertise is in lipid/cholesterol metabolism, cardiovascular disease prevention, plant-based nutrition, and genetic epidemiology. As an RD and Certified Personal Trainer, Dr. Fraser is dedicated to advancing health promotion, disease prevention, and health equity.



OAKWOOD  
UNIVERSITY



## LET'S MOVE KELOWNA'S 2020 VEGANUARY FILM & MINI HEALTH EXPO

By Joanne Beverley Edwards-Miller, BAsC, RD,  
*Former Let's Move Kelowna Coordinator & Community Health Worker*

With British Columbia, and Kelowna in particular, being a hot spot for all things plant-based, Let's Move Kelowna (LMK), a coalition of our seven Adventist churches in the Okanagan valley, has over the past several years worked tirelessly to impact the community with health focused initiatives, including: a number of cooking classes, health presentations, community potlucks, CHIP programs, a Creation Health program, Diabetes Undone programs, Depression & Anxiety Recovery seminars, health screening at the yearly Canada Day festivals and at the shopping centre, as well as implementing an annual Barbecue & Healthy Lifestyle Documentary Screening event – all plant-based.

In February 2020, as the LMK Coordinator, mine was the wonderful opportunity to lead our LMK team in holding the area's first annual Veganuary Film & Mini Health Expo. Veganuary is a plant-based movement started in the UK to bring awareness to the culinary joys and health benefits of eating plant-based, primarily in the month of January, and beyond. Holding it in February, we took it beyond!

By the day of the event, we had 50 individuals registered for the \$5 event. God had bigger plans, though, and blessed by more than doubling our numbers at the last minute! Over 100 attendees rushed our doors, inundating our volunteers with



their enthusiasm, as they browsed through the handouts, got weighed, took their blood pressure, measured their lung strength using the peak flow meter test, and finished up with the computerized Health Age printout.

The mini health expo was followed with a screening of the highly inspiring 50-minute documentary *Vegan 2019*, which tracked the progress of the plant-based movement since 2018. At the end of the film, our Food Team was ready. With recipes and delicious samples for Marvelous Vegan Non-Meat Balls, Tahini Salad Dressing, Sliceable Cashew Cheese, Simple Butter, Energy Bliss Balls, and No-bake Chocolate Coconut Energy Balls, everyone was well fed and went home happy. Along with the recipes, attendees were offered handouts on healthy living, *Signs of the Times* health magazines, *Ministry of Healing* books by Ellen White, and small packets of flax seeds with a brochure on how to use them.

What a blessing this event was for our team of volunteers and for the grateful attendees. God promises that if we share His message of healthy living in our communities, He will bless our efforts abundantly! As Dietitians and Nutritionists, we can surely claim that promise!



Attendees visiting each health station.



Attendees enjoying healthy recipe demonstrations.



Joanne Beverley Edwards-Miller, BAsC, RD, is a farmer, associate raw food chef, and television host. She has worked in various dietetic settings including hospital, long-term care, and specialized clinics. She enjoys working in the community offering nutrition counseling, corporate nutrition programs, cooking classes, and healthy lifestyle education seminars.

## MEMBER SPOTLIGHT: STACIA WHITTAKER



Miss Stacia Whittaker is a Registered Dietitian (RD), and a Certified Vegetarian Food Instructor (CVFI) who holds a Bachelor of Science in Nutrition & Dietetics from Oakwood University in Huntsville, Alabama and a Masters in Public Health from the University of West Indies, Cave Hill Campus, Barbados. She has completed a Certificate in Adult Weight Management from the Academy of Nutrition & Dietetic and has obtained a certificate in Health Evangelism from the Wildwood's Lay Institute for Global Health Training. She is also currently pursuing an Executive Diploma in Human Resource from the Sagikor Cave Hill School of Business.

Miss Whittaker is a member of Academy of Nutrition and Dietetic. She works in the Ministry of Health & Wellness, HIV/STI Programme in the beautiful island of Barbados as a Community Nutrition Officer with the local food bank that caters to vulnerable persons living with HIV. In addition, she lends her professional expertise to assist with the patients' care at the St. Michael's Geriatric Hospital by providing services in the area of medical nutrition therapy and food service

for the institution. She is also a part-time dietetic instructor at the University of Southern Caribbean – Barbados Campus, in the Family and Consumer Department.

Miss Whittaker enjoys planning community nutrition programmes that are geared towards improving the health of all Barbadians as well as the people of the Caribbean and is dedicated to helping people of all ages take control of their health. She is the assistant director of the Caribbean Institute of Nutrition & Dietetics (CIND) and has helped over the past four years in coordinating the annual Caribbean Food and Nutrition Conference, Lifestyle Makeover Programme and the recent Nutrition, Exercise & Wellness (N.E.W) Online Nutrition Seminars. She is an active member of the Childhood Prevention Obesity Coalition with the Heart & Stroke Foundation of Barbados and continues to work on several programmes geared towards the banning of sugar sweetened beverages in schools where she has trained canteen owners on providing healthy food choices in schools as well as worked on the national initiative concerning the same, in partnership with the Pan American Health Organization.

Miss Whittaker strives to promote the dietetic profession as she endeavours in promoting nutrition and health and wellness through educating and empowering individuals to be excited about good health, and most of all, sustainable lifestyle changes. She provides corporate wellness programmes and nutrition talks to businesses, church groups, service clubs as well as assist with various health programmes across the island. She also volunteers weekly as a facilitator with the community-based Community

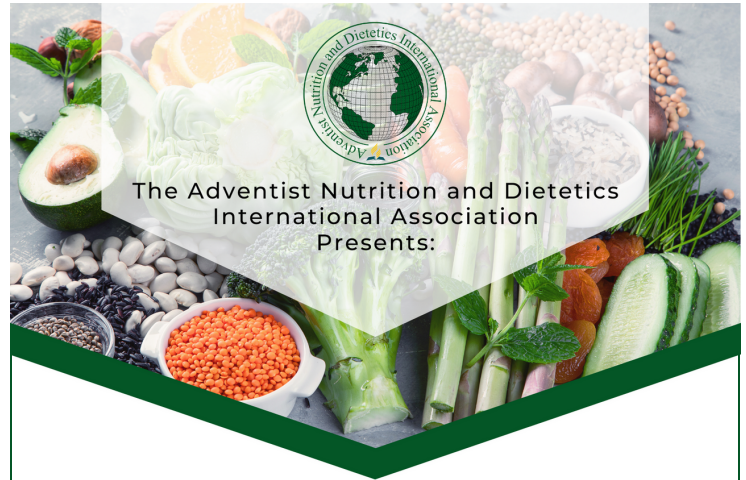


and Empowerment Development (CEED) programme where she teaches low-income families basic cooking skills and nutrition in addition to helping them to incorporate practical ways to healthy eating, while using the opportunity to share the Good News of God's love.

Overall, Miss Whittaker hopes to eventually work at the policy level to help in the advocating, planning, and implementing of nutrition related policies to further address the enormous prevalence of non-communicable diseases (NCDs) on the island and the Caribbean especially among low-income families who are experiencing household food insecurity. In her spare time, she enjoys running and other fitness events, collecting and trying new recipes, meeting people, and exploring different cultures and their exotic cuisines.



# ANNOUNCEMENT:



The Adventist Nutrition and Dietetics International Association Presents:

## Research Webinar: How Safe is a Plant-Based Diet?

Presented by: Winston Craig, PhD, MPH



Dr. Winston Craig is Professor Emeritus of Nutrition and former chair of the Department of Nutrition and Wellness at Andrews University in Berrien Springs, Michigan. He currently serves as adjunct professor of Public Health at Loma Linda University.

Date: March 14, 2021

Time: 3:00 pm PDT

Zoom link:

<https://andrews.zoom.us/j/91661365407#success>

Contact us at [ANDIAAssociation@gmail.com](mailto:ANDIAAssociation@gmail.com) or  
Visit [Adventistdietetics.org](http://Adventistdietetics.org) for more information





## PLANT-BASED COOKING CORNER

### Featured Recipe: Vegan Pizza

Provided by Joycelyn Peterson, DrPH, MPH, RDN

#### INGREDIENTS

##### *Pizza Crust*

- 3 cups flour (1 cup each of spelt, barley, and rice flour)
- 1 packet yeast
- 2 tsp sweetener (agave or honey)
- ½ tsp salt
- 1 ½ cups warm water
- 2 tsp olive oil

##### *Toppings*

- 2 cups of pizza sauce
- ½ cup sweet green peppers
- ½ cup sweet red peppers
- 1 cup slices black olives
- 1 cup shredded vegan cheese
- 1 tbsp of Italian seasoning
- 1 tbsp garlic and onion powder



##### ***Nutrition Information (per serving/portion):***

Calories: 229  
Protein: 8g  
Carbohydrate: 38g  
Total fat: 5g  
Sodium: 365 mg

#### METHOD

1. Preheat oven at 375 F.
2. Mix 2 cups of the flour, yeast, and salt in a large bowl.
3. Add the warm water, sweetener, and oil. Combine and stir until smooth. Stir in remaining flour to form a medium stiff dough that pulls away from the sides of the bowl. Turn out on lightly floured surface, knead until smooth and elastic about 8 minutes in total.
4. Roll out and place on a lightly greased pizza pan. Bake at 375 F for about 15 minutes.
5. Let cool then add the following toppings in this order. Pizza sauce, green and red bell peppers, black olives, shredded vegan cheese, onion and garlic powder, Italian seasoning.
6. Return to oven and bake for 10 minutes at 350 F. Makes 12 3-inch slices.



Dr. Joycelyn Peterson, is a registered dietitian, presently professor and Director of Nutritional Sciences Program at Morgan State University, Baltimore, Maryland. She has published three vegetarian cookbooks and many articles on plant-based diets.



# CONGRATULATIONS TO ANDIA'S INAUGURAL OFFICERS

Between December 23-30, 2020, voting took place to elect the officers of the Adventist Nutrition and Dietetics International Association (ANDIA). We are pleased to announce that the following ANDIA members have been elected to serve as 2021-22 officers.



**PRESIDENT**  
*Edward Bitok, DrPH,  
MS, RDN*

Dr. Bitok is the current Chair and Director of the Coordinated Program in Dietetics at Loma Linda University's School of Allied Health Professions.



**FIRST VICE-PRESIDENT**  
*Evelyn Kissinger, MS,  
RDN*

Evelyn is a nutrition and wellness consultant and specializes in creating programs for individuals, groups, and corporations. She is also an instructor in nutrition and wellness at Andrews University Theological Seminary and Andrews University Department of Population Health, Nutrition and Wellness. Evelyn lives in St. Joseph, Michigan.



**SECOND VICE-PRESIDENT**  
*Abigail Clarke, MPH,  
RD*

Abigail Clarke currently works as a Per Diem Clinical Dietitian at the Loma Linda Medical Center and is also pursuing her Ph.D. in Nutrition at Loma Linda University School of Public Health.



**SECRETARY**  
*Liesbeth Fernandez,  
MS, RDN, FAND*

Liesbeth 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.



**ASSISTANT SECRETARY**  
*Claudette Mitchell,  
PhD, RD*

Dr. Mitchell is an Associate Professor and Chair of the Department of Family and Consumer Sciences at the University of the Southern Caribbean, School of Science, Technology, and Allied Health.



**TREASURER**  
*Angela Newton, MBA,  
RD*

Angela currently serves as Senior Director II of Food and Nutrition Services for Morrison Healthcare at Adventist Health Bakersfield located in Bakersfield, California.



**ASSISTANT TREASURER**  
*Marcia Cristina  
Teixeira Martins, PhD,  
MS, RD, RPh*

Dr. Martins is the Director and Researcher at Marcia Martins - Nutrition & Science LDTA. Based out of Sao Paulo, Brazil,

Dr. Martins partners with international and national universities in research and develops health-education materials for the Inter-European Division of Seventh-day Adventists.

---



### **NOMINATING COMMITTEE CHAIR**

***Joycelyn Peterson,  
DrPH, MPH, RDN***

Dr. Peterson is Professor and Director of the Nutritional Sciences Program at Morgan State University, Baltimore, Maryland. She also conducts nutrition, health, and vegetarian cooking seminars internationally.

---



### **ASSISTANT NOMINATING COMMITTEE CHAIR**

***Carol Barnes Reid,  
DrPH, RDN, CHES***

Dr. Reid currently serves as Manager of Nutritional Services for the Loma Linda University East Campus Hospital and is an adjunct Professor at Northern Caribbean University where she teaches remotely in the Master of Public Health Program.

---



### **NUTRITION EDUCATION CHAIR**

***Winston Craig, PhD,  
MPH***

Dr. Craig is Professor Emeritus of Nutrition at Andrews University, Michigan, and adjunct Professor of Public Health at Loma Linda University, California. He continues to write scientific articles and lecture internationally.

---



### **ASSISTANT NUTRITION EDUCATION CHAIR**

***Celine Heskey, DrPH,  
MS, RDN***

Dr. Heskey 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 counseling and education.

---



### **COMMUNICATION DIRECTOR**

***Jasmine Westerdahl,  
RDN***

Jasmine is completing her M.S. degree in Nutrition and Dietetics at Loma Linda University School of Allied Health Professions. She has a part-time private nutrition counseling practice. Jasmine is currently based out of Newbury Park, California.

---

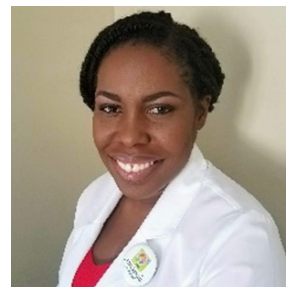


### **WEBMASTER**

***Arlene Moreno, MS, RD***

Arlene currently works as a Consultant Dietitian at NutriHealth, where she conducts nutrition counseling in the community setting. Arlene is currently based out of Loma Linda, California.

---



### **NEWSLETTER EDITOR**

***Neosie Morris, MPH,  
BS***

Neosie is currently a dietetic intern with Oakwood



University in Alabama. She serves on both the research and policy committees of the National Organization of Blacks in Dietetics and Nutrition (NOBIDAN), a member interest group of the Academy of Nutrition and Dietetics. Neosie is currently located in the twin island republic of Trinidad and Tobago.



**ASSISTANT  
NEWSLETTER  
EDITOR**

*Sherine Brown-Fraser,  
PhD, RDN*

Dr. Brown-Fraser serves as Department Chair and Professor of Nutrition, Dietetics & Public Health at Oakwood University, Huntsville, Alabama. She provides leadership, vision and direction for the department while teaching various courses. Dr. Brown-Fraser continues to conduct research, publish scientific articles, and be an invited speaker. #plantsarefuel



# MARCH IS NATIONAL NUTRITION MONTH<sup>®</sup>!

National Nutrition Month<sup>®</sup> is an annual campaign created by the Academy of Nutrition and Dietetics.

This year's theme:  
**Personalize Your Plate**

Learn more at  
<https://www.eatright.org/food/resources/national-nutrition-month>



Graphic owned by the Academy of Nutrition and Dietetics

# 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

The newsletter is a way of connecting with our members. So, if you would like to contribute or simply make recommendations for future publications please don't hesitate to contact us at [ANDIAssociation@gmail.com](mailto:ANDIAssociation@gmail.com).

## Newsletter Deadlines

**Summer Issue:** April 19, 2021

**Fall Issue:** July 19, 2021

**Winter Issue:** October 18, 2021

## Contact Us:

Website: [adventistdietetics.org](http://adventistdietetics.org)

Email: [ANDIAssociation@gmail.com](mailto:ANDIAssociation@gmail.com)