

Department of Nutritional Sciences

Student Newsletter
Spring 2016

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Department Update

Departmental seniors will be graduating Saturday May 7th with the Bob Schieffer College of Communication, College of Science & Engineering, and University Programs. Some are headed to graduate school or nutrition internships, and those who are eligible will be taking the registration exam for dietitians this summer. The department continues to make plans for the upcoming Master's program to be implemented in Fall of 2018- see page 2 for more details. Next fall, 14 new juniors will begin either the Coordinated Program in Dietetics or the Didactic Program in Dietetics with in the department, striving ambitiously to complete the requirements to take the registration exam post graduation.

Allie Redding, Editor



Master's Program Coming Soon to Department of Nutritional Sciences

By *Claire Koskie*, Freshman Nutrition Major

“Freshman in the Fall of 2019 will be on track for the new Master’s program; however, our goal is to implement this new plan in the Fall of 2018”

-Dr. Anne VanBeber

Since 2012, Nutritional Sciences faculty and TCU administrators have been working hard to create curriculum to implement a new Master of Science program in the Department of Nutritional Sciences. This is in response to a trend among other allied health progressions such as occupational therapists, speech pathologists, and physical therapists which require an advanced degree for professional practice. With hard work and dedication, “Freshman in the Fall of 2019 will be on track for the new Master of Science (MS) in Dietetics; however, our goal is to implement this new plan in the Fall of 2018” states Dr. VanBeber, Department chair and professor.

Current graduating students are not required to have their Master’s degree to practice in the field of dietetics. However, those graduating in 2024 or later will not qualify to take the dietetics registration exam without an advanced degree. “That is why we are working so hard to make this a part of the Department of Nutritional Sciences at TCU,” Dr. VanBeber states.

Since 1975, the Coordinated Program in Dietetics at TCU has been preparing students to become successful registered dietitians through clinical, community, food systems, nutrition education, research, and classroom experience. With an emphasis on nutrition education, the new MS program will



allow students to complete all supervised practice (1200 hours) in their senior (4th) year and graduate (5th) year. While working through several approval channels, the department has made a draft of the new curriculum. Some of these new courses include business principles in dietetics, advanced nutritional pathophysiology, nutritional genomics, and nutritional sustainability and ecology. The MS program is estimated to be 36-42 hours of graduate study. It is accredited for 16 students per class but can best serve 10.

Department of Nutritional Sciences, Where Are They Now?

By *Nicholle Benedict*, Sophomore Nutrition Major

The TCU Department of Nutritional Sciences states a large part of their mission as: “The education of broadly informed, scientifically competent, self-educating, and ethically responsible professionals who are capable of entering successful careers in nutrition and dietetics and are also cognizant of the needs of the community and society at large.” Success of this program and mission can be measured by statistics and graduation facts, such as the above average first-time five-year pass-rate of the dietetics registration exam. However, this success can also be shown in the stories of the program’s alumni. Specifically, the lives of Kate Bailey, Lindsey Gorman, and Page Bailey illustrate some of the many different career paths that graduates of this nutrition program follow and how their time at TCU really prepared them for the future.

Kate Bailey, 2008 Didactic Program in Dietetics graduate, is the current TCU Nutrition Lab Coordinator. Originally, Kate was a Kinesiology major. However, after taking a nutrition and physical activity class she realized her passion for nutrition and switched majors. Upon graduation, she started out in healthcare food systems management at Texas Health hospital and worked their for 8 years. Realizing she wanted a change, she came back to work at TCU. A typical day as a Lab Coordinator includes: frequenting local markets to prepare for labs, keeping supplies stocked and organized, and demonstrating various cooking skills for the labs. Kate feels that her time as a student in the nutrition program helped her develop good relationships with faculty and other students. She learned how to work with a variety of people, which is crucial in the job field today. When asked what her favorite aspect of working at TCU is, Kate replied, “I love the TCU community and the college campus feel. I also love interacting with the students. I really feel that anything is possible here with all of the opportunities and programs.”

Lindsey Gorman, 2011 Coordinated Program in Dietetics graduate, is a Nutrition Education Coordinator at

Arlington ISD. Since graduating, she has excelled in many different careers as a dietitian, including clinical dietitian in a hospital, consulting dietitian in a nursing home, and TCU Lab Coordinator. During her time as a lab coordinator she earned her MBA. She made many vital connections while at TCU, and



Kate Bailey, TCU Nutritional Sciences Lab Coordinator

her first clinical job was through her preceptor from one of her undergraduate internships. Now as a Nutrition Education Coordinator, she plans all of the specialized diets for the students in the school district (students with gluten or soy intolerance and students who need food modifications). She consults with doctors and parents to meet these students’ dietary needs. She also does menu planning for the entire district. Lindsey mentioned that one of the favorite parts of her job is that “It is great to see how what we learn in school is really being applied across the nation.” When asked about her future plans she replied, “I plan on staying at ISD for a while, and would like to have a forever job. I would maybe move districts, but I would like to stay in school food service.”

Page Bailey, 2014 Coordinated Program in Dietetics graduate, is currently a Metabolic Dietitian at Children's Medical Center Dallas. Page came to TCU because it had a large school atmosphere but a smaller learning environment, which is what she felt she needed to succeed. When asked why she wanted to go into the nutrition field she said, "When I was two weeks old, I was diagnosed with PKU. I have worked with a dietitian my whole life, and I saw her passion for caring for patients with metabolic diseases and for nutrition education. I knew I wanted that from the start." As a Metabolic Dietitian, Page oversees Metabolic Clinic on Tuesdays and some Thursdays where she meets with patients with various metabolic diagnoses that follow a special diet. She completes a comprehensive nutrition assessment for each patient and provides education as needed. She also conducts counseling over the phone where she makes dietary adjustments based on biochemical data and the patient's clinical status. Additionally, she shares her professional knowledge with insurance and durable

medical equipment companies to provide medical food for her patients. She began this career two months after graduation. She had gained connections to the Children's Medical Center through Dr. Dart and her elective rotation during her last semester at TCU. Page's favorite aspect of her job is, "When I provide education to these families, it is so rewarding when you see the light bulb turn on in their head, that moment they get it! There's really nothing like it. I also really enjoy advocating for these patients. All of these conditions are so rare, so it's nice for them to know that they have someone standing in their corner rooting for them."

These alumni are just a few of the success stories from the TCU Department of Nutritional Sciences. Through their hard work and perseverance, as well as guidance from professors, Kate, Lindsey, and Page have really exemplified the mission statement. Their achievements have depicted a few of the paths that graduates of the department can take, and there are sure to be many more graduates who will follow in their footsteps.

Green Shakes, Health Benefits Unleashed

By *Greg Carr*, Sophomore Nutrition major

Does the word "spinach" give you a gag reflex? Does mom's old habit of force-feeding broccoli down your throat back in second grade give you nightmares? Are you unable to recollect the last time you ate a vegetable? Fear no more, your hero has arrived: green shakes!

It may sound appalling at first, but as the old adage goes, "don't judge a book by its cover." Green shakes are a general recipe for homemade smoothies with a diversity of options. With a delicious nutty and berry flavor, even the pickiest eater will have no problem downing gallons of green shakes to his or her leisure. Brave pioneers report they cannot even taste the vegetables. Be cautious eating so much spinach, though: you may find yourself watching Popeye.



Have back-to-back classes from 8am to 3pm? No problem. Green shakes are great when you are on the go as well. They can easily contain all five food groups (fruits, vegetables, protein, grains, and dairy) and are an easy liquid meal replacement. You can sip the shake during class or in your car on the way to your next even during a busy day. The shakes are much different from those you may get at a juice bar, which lack in variety and frequently contain added sugar, artificial ingredients, and inadequate protein.

To start, you need a blender. Choose one with sufficient wattage to handle ice cubes. It may have an “ice crush” setting. A blender with an “easy clean” setting is also helpful, making the cleanup as simple as adding water and dish soap and running the blender on easy clean for several seconds.

Liquid: Always add the liquid first, especially before you add ice. More liquid makes a thinner shake. 1-2 cups (.25-.5L) is typical. You may want to start with 1 cup and slowly add enough liquid to make it blend.

- Water
- Milk
- Hemp milk
- Soy milk
- Almond milk
- Rice milk
- Tea
- Coconut milk
- Coconut water

Fruit: Add fresh or frozen fruit. Many smoothie recipes use half of a banana to give it a foamy consistency. Mixing different kinds of fruits can give a variety of possible flavors.

- Mixed frozen berries
- Cherries
- Banana
- Pineapple
- Apples

- Pears
- Mango
- Papaya
- Peaches

Vegetable: Add handfuls of vegetables to your preference. Pre-washed mixed greens are an easy start. Spinach is a staple. Cucumber gives a fresh flavor.

- Spinach
- Kale
- Chard
- Cucumber
- Celery
- Canned pumpkin
- Cooked squash
- Carrots
- Powdered green vegetable supplement

Nuts: Adding mixed nuts adds healthy fats and gives the smoothie a great flavor and texture.

- Pecans
- Almonds
- Brazil nuts
- Cashews
- Hazelnuts
- Walnuts
- Pistachios
- Nut/peanut butters

Protein: Add a protein powder of your choice, if you want. Be mindful of flavored protein powders and how they may change the flavor of the smoothie. There are many unflavored options available.

- Whey protein
- Soy protein
- Casein

- Pea protein
- Hemp or Chia seed
- Rice protein
- Amino acids such as glutamine or BCAAs
- Vegetable protein blends

Green shakes can be a great meal replacement, pre- or post-workout shake, and a method of eating vegetables for picky eaters. Experiment with different blends and varieties for the flavors that you like and what your goals are (weight loss, build muscle, etc.). They typically take about 10-15 minutes to blend and clean up with the easy clean setting. Now your last excuse has expired for not getting at least five servings of fruits and vegetables every day!

Coordinated Program (CP) Culminating Rotation

By *Katie Keatley*, Junior Didactic Program in Dietetics major



The Culminating Supervised Practice (NTDT 40373) is in the final semester of a CP's senior year. Through various connections developed throughout their time at TCU, each student selects a preceptor and dietetic internship in which to participate. During this semester, students have the unique opportunity to gain experience in an area of dietetics that he or she has particular interest in. Depending on the focus, sites may vary from clinical to community-focused.

This semester, Nicole Bell, a senior CP student, has the opportunity to intern with TCU instructor and sports dietitian for the Dallas Cowboys, Amy Goodson. Through this internship, Bell assists in nutrition counseling of athletes, personalization of meal plans, and using social media to provide the latest nutrition news. She also assists Juliana Elandary, another TCU sports dietitian, with meal planning and creating balanced snack combinations for TCU athletes. According to Bell, "Its been an amazing learning opportunity and has furthered my passion for sports nutrition and working with highly competitive athletes."

Elisha Bury, another senior CP, is interning at Moncrief Cancer Institute. So far, she has had the opportunity to help plan Dessert Night for class alumni and work on Moncrief's Mobile Clinic. Patients visiting the clinic, which is stationed in various parts of DFW, meet with a nurse, personal trainer, and dietitian. Bury says that although all patients have had cancer, education on various topics may be discussed, such as diabetes. Other

intern sites selected this semester include the trauma and ICU wings of a hospital and MyFitFoods, a health-focused company based out of Austin, TX.

While the culminating rotation may ultimately lead to a job offer, Bury says this is not the primary focus. Instead, it is an opportunity to further explore jobs within the field of dietetics. When the time does come to apply for jobs, it is important for students to utilize their preceptor, as well as other connections they have made. Through keeping in touch and maintaining good rapport, these individuals may be of assistance in securing jobs, writing recommendations, and be excellent references on applications.

Unlike the previous three semesters in the Coordinated Program, the culminating rotation is specifically geared toward the career interest(s) of the student. Instead of specific coursework designed to cover various facets of nutrition, students are able to experience what dietitians in a particular area do on a daily basis. Additionally, they may choose a site that would not have been a part of the program otherwise. Bury summed it up best saying, “It’s a really exciting and fun semester. We are very lucky to be a part of it!”



Good to the Very Last Bone

By *Grace Nieistrom*, Junior Didactic Program in Dietetics major

Have you ever wondered why your mom demanded that you eat chicken noodle soup when you were sick? Mom always knows best, right? She sure does! For centuries, many cultures have been eating broths like chicken noodle soup as a healing remedy for colds, the flu, and various illnesses. This ancient tradition has brought about a recent interest in the numerous health benefits of one remedy in particular: bone broth. What is bone broth anyway? Bone broth is exactly what it sounds like: broth made by boiling beef, poultry, or fish bones until they break down. Bone broth cooks between 12-48 hours to ensure that the collagen proteins, responsible for bone structure, are being broken down into gelatin. Gelatin is the secret ingredient that makes bone broth a superfood.



Benefits of Bone Broth:

Decreases joint pain: Bone broth is rich in glucosamine: a compound naturally produced in the body that supports the regeneration of cartilage and helps heal joints.

Immune support: Thanks to the high concentration of minerals, bone marrow boots the immune system.

Youthful appearance. Stop taking Biotin supplements! Loaded with collagen, a protein responsible for the elasticity and firmness of skin, research proved that bone broth has the power to reduce wrinkles and other visible signs of aging.

Strong bones. Serves as great source of calcium, phosphorus, potassium, and magnesium to maintain healthy bones.

Heals your Gut. Preserves and soothes the lining of the digestive track while reducing intestinal inflammation. Bone broth can also repair symptoms of leaky gut syndrome and the autoimmune disorders that accompany it.

Detoxifies the body. Assists the liver in removing harmful substances from the body.

Sleep Better, More Energy. Linked to helping people sleep better as well as enhancing memory and performance.