

THE FOOD AND NUTRITION SUMMER INSTITUTE NEWSLETTER

Winter 2005

Volume 6, Issue 2

A South African Safari

| | |
|-------------------------------------|---|
| Inside this issue: | |
| <i>Preventing Childhood Obesity</i> | 2 |
| <i>Healthy Recipe</i> | 2 |

- Calendar of Events**
- American Dietetic Association Public Policy Workshop: March 1-3, Capitol Hilton Hotel, Washington, DC.
 - Society of Nutrition Education 38th Annual Conference: July 23-27, Orlando, FL

We're headed to South Africa in September. Seven students from seven different universities across the United States will be sponsored to attend the USDA Food and Nutrition Summer Institute in Cape Town September 15-18th and the 18th International Congress of Nutrition in Durban, South Africa September 19th-24th. Conference attendees will include: Kristen Campbell, Alabama A&M University; Kajuandra Harris, Auburn University; Tiffanie Yates, Howard University; Cecilia Patterson, North Carolina Central University; April Stull, Purdue University; Tiffany Williams, Southern University; and Chelani Hathorn, Tuskegee University.

Cape Town is considered the mother city of South Africa and is the legislative capital of the country. The city has diverse cultures ranging from black Africans and others of Indonesian, French and German descent.

Durban is a vibrant cosmopolitan city in KwaZulu-Natal Province, South Africa. It has a population of about 2.7 million people and is the second largest city in South Africa. While both cities are beautiful, students will be exposed to a post-apartheid country and the realities of nutrition and infectious diseases.

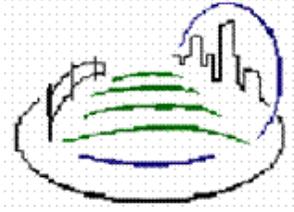
Plans for the Summer Institute agenda are underway. A day of speakers, including a report by students on their research activities, and a one day nutrition study tour of a local township are planned. For additional information contact Dr. Ellen Harris, harrise@ba.ars.usda.gov



Our Current FNSI Initiative

The Food and Nutrition Summer Institute research project entitled, "Nutrition, Physical Activity and Diabetes: A Community Based Intervention" will conduct a pilot study to test study instruments this coming spring. The Fruit and Veggie Friends, a 5-A-Day product and pictured here, will be incentives given to pilot study participants at the end of their interview.

Preventing Childhood Obesity



Visit Us Online @

<http://www.ba.ars.usda.gov/cnrg/research/finsi>

The Food & Nutrition

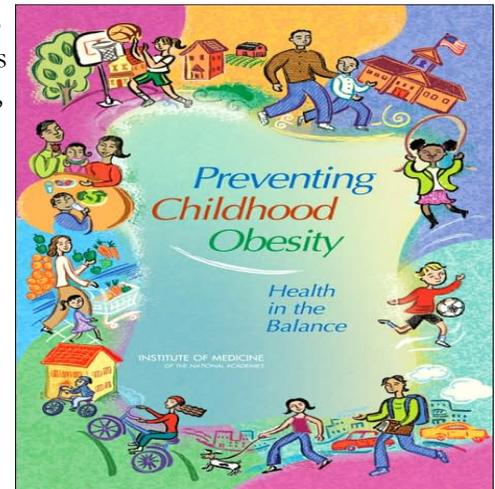
Summer Institute

C/o Dr. Ellen Harris
 USDA, ARS, BHNRC, CNRG
 Bldg. 005 Rm. 117
 Beltsville, MD 20705
 Telephone: (301)-504-0610
 Fax: (301)-504-0698



One of our Summer Institute speakers will be Shirley Watkins, a former USDA Under Secretary for Food, Nutrition, and Consumer Services. Mrs. Watkins is a member of the Institute of Medicine Committee on Prevention of Obesity in Children and Youth. This year the Committee published a report that focused on the development of a prevention-based national action plan to decrease the prevalence of obesity in children and youth in the United States. The framework of the plan outlines goals of obesity prevention in children and youth, recommendations for healthy marketplace and media environments, as well as recommendations for healthy school environments, and healthy home and community environments. Some of the major goals include: reduction in the incidence of childhood and adolescent obesity, reduction of mean BMI levels, improvement in the proportion of children meeting Dietary Guidelines for Americans, and improvement in the proportion of children meeting physical activity guidelines. In order to improve the health status of children in the US and to accomplish these major goals, the plan outlines immediate steps that must be taken by the federal, state and local levels of government, industry and media, health care professionals, community and non-profit organizations and families. Just as broad-based approaches were used to address other public health concerns, such as tobacco and drug abuse, obesity prevention should be a national public health priority.

Preventing Childhood Obesity: Health in the Balance. "Executive Summary". Committee on Prevention of Obesity in Children and Youth. Institute of Medicine of the National Academies. Washington, DC. pp 1-20 .2005



Healthy Eating Recipes



Baked Salmon Ole'

Salmon is low in sodium and excellent source of omega-3 fatty acids and is rich in fat soluble vitamins A and D. It is also a high content of the water soluble vitamins B12 and pyridoxine.

Ingredients

- 2 pounds of salmon fillet cut into 6 pieces
- 3 tablespoons of lime juice
- 1 medium tomato
- 1/2 medium onion
- 3 tablespoons of cilantro, chopped
- 1/2 teaspoon of olive oil
- 1/4 teaspoon of black pepper and salt

Directions

Preheat oven to 350°F
 Rinse fish and pat dry. Place in a baking dish.
 In a separate dish, mix remaining ingredients together and pour over fish.
 Bake for 15 to 20 minutes or until tender.

Source: www.phs.org/healthinfo/recipes2003