

Student Spotlight

Taneka R. Bradshaw

Taneka Bradshaw will graduate May 2007 from the University of Arkansas at Pine Bluff (UAPB) with a degree in Nutrition & Dietetics. Taneka has worked with the USDA-ARS-Delta NIRI Project for the past 4 years. She is part of the Student Career Enhancement Program and works as a student research trainee. In the fall, Taneka will attend Louisiana State University – Shreveport to pursue a degree in Health Administration. Her decision to change majors was influenced by two life-changing experiences of individuals in her church. One person passed away while waiting on surgery to be performed at a county hospital. Taneka felt that she could make a difference in the area of health care delivery policy and decided to change her major.

Last year, Taneka attended the 2006 USDA Food and Nutrition Summer Institute in Atlanta, GA. She previously attended the 2004 USDA Food and Nutrition Summer Institute at North Carolina Central University. Her most memorable experience was during the 2004 Summer Institute when she saw fellow classmates, Sonya Cotledge and Ezim Onyema present research

obtained at the University of Arkansas at Pine Bluff. After hearing them, she began working as a student research trainee with ARS.

Taneka says, “The USDA Food and Nutrition Summer Institute was influential in my pursuit of an advanced degree. It gave me an opportunity to meet different people and other students. It also allowed me to network with different professionals across the US that I would never have had an opportunity to meet if I had not attended the Summer Institute.” She believes the Summer Institute opened doors for her future.

Taneka walks away with 1st place in the student competition



Taneka presenting for her team at the 2006 Summer Institute

It's So Hard to Say Goodbye

It's official, we have moved. **Dr. Ellen Harris**, Asst. Director, and **Dr. Deirdra Chester**, Research Associate, have moved to the Beltsville Human Nutrition Research Center, Director's Office, Bldg. 307C, Rm. 118 and 131 respectively. If you need to contact us, our new number is 301-504-8396. Although we are moving in a new direction, we will still continue our work with the USDA Food and Nutrition Summer Institute.

Linda Nix, Support Services Asst. (SSA), has moved to the Diet and Human Performance Lab

(DHPL), Bldg. 307B, Rm. 231, and will be supporting DHPL and some of the Phytonutrient Laboratory staff. We would like to thank Linda for all of her hard work and dedication to the USDA Food and Nutrition Summer Institute over the past 10 years.



Mrs. Linda Nix, hard at work on the Summer Institute.

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“No one is without knowledge except him who asks no questions.”

Central Africa (Fulfulde)



Roll Call of Invited
2007 FNSI Workshop
Participants

- ◆ Alabama A & M University
- ◆ Morgan State University
- ◆ New Mexico State University
- ◆ Florida International University
- ◆ United Tribes Technical College
- ◆ Sisseton Wahpeton College
- ◆ Salish Kootenai College
- ◆ Howard University
- ◆ University of the District of Columbia
- ◆ Southern University
- ◆ Tuskegee University
- ◆ North Carolina A & T University
- ◆ University of Arkansas at Pine Bluff
- ◆ University of Maryland—Eastern Shore
- ◆ Government Partners—CDC, FDA, FNS, CSREES, USAID, NIH
- ◆ Beltsville Human Nutrition Research Center Labs
- ◆ The American Dietetic Association

Healthy Eating Recipe



Mexican Corn and Bean Soup

Ingredients:

- 2 teaspoons olive oil
- 1/2 cup frozen chopped onion
- 1 teaspoon ground cumin
- 1 teaspoon bottled minced garlic
- 1/2 teaspoon dried oregano
- 1 cup frozen whole-kernel corn
- 1/4 teaspoon black pepper
- 1 (14-ounce) can fat-free, low-sodium chicken broth
- 1 (15-ounce) can black beans, drained
- 1 (14.5-ounce) can diced tomatoes with green chiles, undrained
- 3 lime slices

Nutrition Per Serving	
Calories	241
Total Fat	4.2 g
Saturated Fat	0.5 g
Cholesterol	0.0 mg
Sodium	722 mg
Carbohydrate	44.7 g
Dietary Fiber	12.4 g
Protein	12.7 g

Heat oil in a large saucepan over medium heat. Add onion, cumin, garlic, and oregano. Saute 1 1/2 minutes. Stir in corn, pepper, broth, beans, and tomatoes; bring to a boil. Reduce heat; simmer 10 minutes. Serve with lime slices. Yield: 3 servings (serving size: 1 2/3 cups soup and 1 lime slice).

Source:
www.cookinglight.com

Calendar of Events

Federation of American Societies for Experimental Biology

“Tomorrow’s Health”
Washington Convention Center
Washington, DC
April 28—May 2, 2007

Visit us online @

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

The USDA FOOD AND NUTRITION SUMMER INSTITUTE

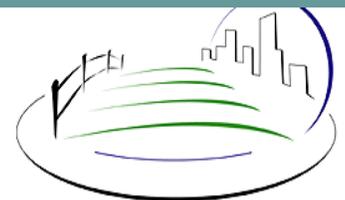
c/o Dr. Ellen Harris

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