Introduction

Hello Augusta University! My name is Amber Fentress and I am the new AU Student Health Registered Dietitian Nutritionist (RDN). I’m originally from Indiana where I completed my Bachelor of Science degree in Dietetics. I came to AU to pursue my Master’s degree and dietetic internship which are required to become a credentialed and licensed RDN. I currently work fulltime as a clinical dietitian at AU Medical Center. My goals as the new Student Health RDN is to be your gateway for evidence based nutrition therapy and education while providing you with motivation to achieve your health goals. In this issue of Nutrition News, you will find information about the nutrition services and classes offered through AU Student Health. I will send out the Nutrition News once a month with recipe ideas, lifestyle tips, and important topics on nutrition and wellness. Happy reading and happy eating AU!

Dietitian Services

- Diabetes education
- Food allergies, sensitivities, and intolerances
- Eating behavior concerns
- General healthy eating
- Hyperlipidemia
- High blood pressure
- Weight management
- Meal planning tips
- Quick and easy recipes
- Group nutrition classes
  - 15 or fewer can hold a group nutrition class. I will cover nutrition basics and answer any questions.
- Q&A

Individual counseling and group sessions are $15 per person. The initial session will last up to an hour and I will provide you with a summary email of my nutrition recommendations along with any additional information requested that will assist you in achieving your health goals. Follow up sessions will be scheduled as necessary or by request.

Cardiovascular Health

Heart disease is the leading cause of death in the United States. The top risk factors are physical inactivity and sedentary lifestyles. With winter approaching, we often find ourselves becoming less active. In the spring and summer months individuals tend to be more apt to get outside and do some form of physical activity. In the winter we are more likely to stay in and snuggle up on the couch with Netflix. The Physical Activity Guidelines for Americans recommends 150 minutes of moderate-intensity aerobic activity per week. This can also be 75 minutes of vigorous-intensity physical activity per week. Aerobic activities include walking, running, biking, swimming, kayaking, dancing, etc. You can determine if an activity is moderate or vigorous by how much you can talk while performing the activity. If you’re unable to say a sentence then it’s vigorous and if you can make conversation then it’s more moderate. So take a study break this winter and just GET MOVING!
Heart Healthy Diet

An unhealthy diet is another risk factor for heart disease. You might be thinking, “I’m too young to be worry about heart disease.” However, now is when you’re building your eating habits for life. You’re no longer living at home where your parents are grocery shopping and cooking your meals. Now it is your responsibility to take care of your body and maximize your health. You can do this by eating a variety of nutritious foods. My high school swim coach used to always ask, “Where’s the color on your plate?” If you look at your plate and you just see brown with splashes of color from ketchup and mustard, then it’s time to ADD SOME COLOR from fruits and vegetables! Fruits and vegetables are rich in vitamins and minerals along with fiber which help support a heart healthy diet and also improve digestion, skin health and even oral health.

Ingredients:

- ½ cup Old Fashioned Oats
- 1/2 cup Greek Yogurt
- ½ cup 1% Milk or fat free milk
- 1 tbsp Unsweetened Cheesecake Pudding Mix
- 1 tsp Vanilla Extract
- ½ tsp Ground Cinnamon
- Handful Fresh/Frozen Blueberries and/or Strawberries

Instructions:

1. Slice fresh strawberries and then set aside. If using frozen then don’t worry about slicing!
2. In a mason jar or any container with a lid, mix together the oats, Greek yogurt, milk, pudding mix, vanilla extract, and cinnamon
3. Fold in the sliced strawberries and blueberries
4. Refrigerate at least 4-6 hours or overnight
5. Take out, mix, and top with more strawberries and/or blueberries if desired. ENJOY!

Nutrition Facts

8 servings per container
Serving Size 2/3 cup (55g)

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 230</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 8g</td>
<td>10%</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 160mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate 37g</td>
<td>13%</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>14%</td>
</tr>
<tr>
<td>Total Sugars 12g</td>
<td></td>
</tr>
<tr>
<td>Includes 10g Added Sugars</td>
<td>20%</td>
</tr>
<tr>
<td>Protein 3g</td>
<td></td>
</tr>
</tbody>
</table>

Unhealthy Fats

Limiting consumption of unhealthy fats, such as saturated fats, trans fats, and cholesterol, is vital for heart health. Saturated fats have a different chemical structure than unsaturated fats, are usually solid at room temperature and excessive consumption of it can increase your risk for heart disease. Saturated fats are found naturally in many foods including marbled red meats, butter and whole milk. The American Heart Association recommends to limit calories from saturated fat to 5-6%.

Trans fat is manufactured and used by the food industry to stabilize highly processed foods in order extend shelf life. Trans fat raises LDL (bad) cholesterol and lowers HDL (good) cholesterol. Trans fat is found in pastries, cakes and other processed foods.

Cholesterol is a type of fat that our bodies need to build cell membranes, make hormones, and produce compounds that aid in digestion. However, too much cholesterol can lead to heart disease. When there is excess cholesterol in the blood stream, it gets deposited in blood vessels and can cause narrowing and hardening of artery walls which restricts flow of blood to the heart and can increase risk for heart attack. Cholesterol is high in red meats and whole fat dairy so eats these foods in moderation!

If someone handed you a pill, would you ask what it was or would you just take it? So, why aren’t you looking at what’s on your plate and what you’re putting into your body on a daily basis?