



# The Holiday Issue—MDA Newsletter

## November/December 2009

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### President's Message

MDA Members,

I hope that all of you are doing well and enjoying this festive time of year! I am excited about everything that MDA is doing this year, and I hope that all of you are as well! Our goal is to give our members what they want. Your feedback and participation is vital to the growth and development of our organization.

First and foremost, I am most excited to have recently unveiled our brand new website: [www.eatrightmiami.org](http://www.eatrightmiami.org). I do hope that all of you have navigated the website, and are enjoying the new design and information available. Please let us know if you have any feedback or comments.

We have had several members meetings so far this year. I do hope that all of you that attended have enjoyed the topics and presenters. Please stay tuned for more exciting lectures coming up in 2010! Please continue to let us know what topics and/or speakers are of interest to you. This information is crucial in planning our educational sessions.

Our Mentorship Program, in partnership with the students at Florida International University, is in full swing. We have already placed mentors with mentees, and I am excited to hear feedback on these experiences! We will continue to work in the upcoming semesters to place more mentors with mentees. Registered dietitians and nutrition professionals—If you have not already participated, please consider it. This will be a most valuable experience for you. Please keep your eyes open for more details to come!

We are definitely recognizing our registered dietitians and nutrition professionals in the community! You are endlessly contributing to the well-being and health of our Miami-Dade County community. We need to know what you are doing out there! Please look out for emails from our MDA Community Chair, Gisela Tovar. She is collecting all of this information. Do not go unrecognized!

I do want to wish all of you a wonderful, safe and blessed holiday season! May you all have a prosperous and joyous 2010! Remember, **you** are the Miami Dietetic Association!

Sincerely,



Dawn Stewart, MBA, RD, LD  
President, Miami Dietetic Association  
Greater Miami Dietitian,  
2009



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# President's Elect Message

Dear MDA Members,

It is hard to believe that we had already completed half of the MDA year. Based on the feedback from meeting evaluations, many of you have indicated that you have enjoyed the meetings thus far. In September 2009 at our kickoff meeting, Dr. Melissa Marra gave an excellent presentation on "Vitamin D: Bones and Beyond."

In October, Mary Snipes, MS, RD, LD/N provided an informative update on "Chronic Kidney Disease and Medical Nutrition Therapy." In November, Gayle Dietz, MS, RD, LD/N, Ana Cleves, RD, LD/N and AnaMarie Garces de Marilla, MPH provided an insightful presentation on "Health & the Built Environment: How does Nutrition Fit."

As we approach 2010, we hope to continue to provide you with an array of interesting topics. In January, we have collaborated with

Miami-Dade AHEC to provide you with an informative presentation on "The Impact of Tobacco on Appetite & Metabolism." Our speaker will be Ximena Jimenez, MS, RD, LD/N. This meeting is scheduled for January 13, 2010 at the AHEC office in Doral. You can obtain additional information regarding the meeting at our website: [www.eatrightmiami.org](http://www.eatrightmiami.org).

The Miami Dietetic Association continues to ensure that our members are provided with a variety of topics. In February 2010, Dawn Michelle Simon, RD, LD/N will present on "Food Allergies & Feeding Aversions Among the Pediatric Population." Additional information regarding date, location and time of the meeting will be posted on our website: [www.eatrightmiami.org](http://www.eatrightmiami.org) in the near future.

During this holiday season I

would like to thank all our members for supporting the Miami Dietetic Association; it is your commitment to this professional organization that helps impact the field of nutrition. I would also like to thank our sponsors, as they play a pivotal role in us providing exceptional speakers and meals at our meetings.

As we approach 2010, I wish you all a year filled with great health, peace and dreams fulfilled.

Seasons Greetings,

Stephanie Wade, MPH,  
RD, LD/N  
President Elect



## ***Remembering a Local Registered Dietitian***

Marian Gaines, former Director of the WIC and Nutrition Program at the Broward County Health Department and former WIC Coordinator for the Miami Dade County Health Department, passed away in September 2009. She had recently retired after more than 33 years of service to the residents of South Florida in Broward and Miami Dade Counties.

Ms. Gaines had a great sense of humor, an abundance of energy, and a passion for community nutrition and the mission of the WIC and Nutrition Program. Ms. Gaines was also very dedicated to the community and served on numerous boards, committees and taskforces including Healthy Start Coalition, March of Dimes, Million Meals Committee, Broward County Transportation Disadvantaged Board, Teen Parent Advisory Committee, Nutrition Advisory Committee for Broward County Schools and many others.

She was known statewide for her knowledge and experience in public health nutrition and her willingness to share those with student interns, staff, and colleagues. We will all miss her greatly.

Graciously submitted by,

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***God Rest Her  
Soul in Peace !***

*Yum, Yum,  
Yummy!*



*Enjoy!*

## *Eat Right During the Holidays*

Now that it is during the hectic holiday season, it may be difficult to stick to a healthy diet and exercise routine. There are a lot of social gatherings and parties, plus family gatherings, during the holiday season. This means there are going to be a lot of extra food-and calories-available. Also, it is a very hectic time- busy, busy- with all the running around, shopping, cooking, and attending special functions and gatherings. Have hope though. There are measures that you can take to ensure your waistline does not expand during this time. We don't want to have to buy new clothes for new year!



Some simple tips that you can follow include:

— Eat a light, healthy snack like soup, fruit or cereal before going to a party- This will curb your hunger;

— Limit alcohol - drink only one alcoholic beverage per party, then switch to diet soda or soda water with lime or lemon;

— Bring a low-fat holiday dish to the party;

— Keep a minimal amount of baked goods at home this year, bake enough to use for one festivity and give some away;

When baking, refrain from eating the leftover batter in the bowl or dish- fill it immediately with hot, soapy water;

— Eat a large salad before most meals, and make sure vegetables fill up at least half of your plate at meals;

— Substitute healthy ingredients in recipes- try Splenda for half the sugar in baked goods, and substitute applesauce for the oil;

— Make a goal with a friend to lose 5 pounds or to maintain weight during the holidays- this will be your support buddy;

— Remember there are only three days that are holiday-

Thanksgiving, Christmas (or Kwanzaa or Chanukah, which is 8 days), and New Year's- and stuffing yourself these three days is not damaging.

— Remember, the cycle of not enough exercise and too many calories will cause the weight gain during the holidays; Sign up for a 5K, fitness walk or other event to keep your mind on fitness goals- keep up with your exercise routine and try to be more active, to make up for any extra calories you may have consumed!;

— Finally, celebrate and focus on what the holidays are really about- spending time with family and friends. When organizing gatherings or socials, plan fun games or activities, that keep everyone burning calories and moving. Plan a get-together that does not revolve around eating.

Have fun and enjoy the holidays!



# Gingerbread Cinnamon Cake

## Ingredients:

- 3 cup unbleached flour
- 1/2 tsp nutmeg
- 4 tsps ginger
- 3 whole egg whites, slightly beaten
- 2 tsp cinnamon
- 1 cup fat-free buttermilk
- 2 tsps baking soda
- 1 cup brown sugar, packed
- 1 tsp baking powder
- 1 cup fat-free sour cream
- 1 tsp cloves
- 1 cup molasses

## Directions:

- Preheat oven at 350. Prepare a 8-3/4 x 1-3/4" pan with cooking spray and flour; set aside.
- In a mixing bowl, combine flour, ginger, cinnamon, baking soda, baking powder, cloves, and nutmeg.
- In another mixing bowl, combine egg whites, buttermilk, brown sugar, sour cream, and molasses.
- Mix dry ingredients with wet ingredients just until moistened.
- Pour batter into prepared pan.
- Bake for 45 minutes.

## Fat-Free Buttermilk:

Combine 3 tsp vinegar with enough skim milk to equal 1 cup; let stand 5 minutes.

Serves 8.

## Nutritional Analysis Per Serving:

400 calories, 0.5 g fat, 93 g carbohydrates, 8 g protein  
473 mg sodium, 5 mg cholesterol.





**MDA NEWSLETTER**

For any information contact:

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**Miami Dietetic Association  
Wishes all the members:  
Happy and Healthy Holidays!**



**Visit us on the web:**  
[www.eatrightmiami.org](http://www.eatrightmiami.org)