CSUN | CALIFORNIA STATE UNIVERSITY NORTHRIDGE

Nutrition Experts

Marilyn Magaram Center
for Food Science Nutrition and Dietetics

FRIENDS OF MARILYN

Spring 2015

Director's Message

Annette Besnilian, Ed.D., RDN
Executive Director

As I begin my new journey with the Marilyn Magaram Center (MMC), or rather return to it as the Executive Director, I plan to base my direction on its founder's initial vision. I have been connected to the Center since its dedication in 1991, and I am committed to carrying on its great work. It is our goal and vision that the Magaram Center will be a recognized Center of Excellence in research and education in the fields of food science, nutrition, and dietetics in the global community.

As spring began to bloom and blossom around us, the center began to as well. The Magaram Center had a plethora of outstanding projects and events this semester, incorporating students, faculty, staff, our advisory board members, and the greater community.

We are very excited about our launch of a new website, CSUN Nutrition Experts, which offers information about all things nutrition for our students and community. Developed in part through Campus Quality Fee funding, the website is designed to be interactive with food demo videos, healthy recipes, and a variety of nutrition information. We will continue to post new information on this website regularly, and we hope to connect it to the center's main website to start providing some of our services online. This will open Magaram Center services to the global community.

We have been able to conduct four Magaram Center tours for donors and visitors, including a group from American University in Armenia in February. These tours offered our visitors a behind-the-scenes look at the center's facilities, including the Theriot Lab, chemistry labs, administrative offices, and our Health Assess (Bod Pod) room.

The beginning of the spring semester introduced the new Associated Students (AS) Farmers Market to the CSUN campus. The Magaram Center has a table at the weekly market to provide education and information to our campus community, staffed by our center's Professional Experience Program (PEP) students, community nutrition students, and Peer Nutrition Counselors (PNC).

Our product development class students are busy developing products that can be sampled at the Farmers Market. We will be using our Compusense software to run sensory evaluation of these products, and our diet analysis PEPs will conduct recipe analyses of the products. Our plan is to utilize the current campus software in the lab and provide training for all staff.

We have been extremely pleased with the success of our Magaram Center Education Series. These lectures have featured many of our advisory board members, community partners, and alumni, who have generously shared their expertise and knowledge with our students and community.

Other educational events included a celebration of National Nutrition Month on March 18th, in which we shared information about Magaram Center services with the community. We also sponsored Sports Nutrition Workshops on February 28 and March 1. To increase Magaram Center visibility off-campus, we participated in two health fairs in March—at St. Peter Church in Van Nuys and at the Center for Healthier Communities of Northridge Hospital in Canoga Park.

I would like to thank all of our staff for welcoming me and also for their continuous support, dedication, and hard work. I look forward to working with them to help the Marilyn Magaram Center grow and thrive.

Hoda Hakimjavadi and Pedro Alexander Argueta provide a food demo for the CSUN Nutrition Experts website.

Nutrition Experts Website-Food Demo Video

Written by: Hoda Hakimjavadi

In April we began recording our first food demonstration videos for our new Nutrition Experts website. The videos were shot by CSUN's VISCOM office with direction and production managed by Hoda Hakimjavadi.

Pedro Alexander Argueta and Simona Hradil each presented a food demonstration. Pedro demonstrated how to make a simple kale salad and a healthy pizza, while Simona showed how to prepare an easy and healthy snack by using ingredients such as wheat bread, chia seeds, berries, bananas, and almond butter.

This shoot was our first gateway into making the website more engaging and interactive. Student surveys revealed that over 90% of students wanted access to demo videos on food and exercise. With continued funding, we hope to expand this website with even more offerings for our students and community members.

To access the CSUN Nutrition Experts website for more great information, please visit:

www.csun.edu/wellbeing/nutrition

Farewell and Best Wishes!

Please join the Magaram Center in saying a fond farewell to Nicki Motoyasu, our amazing project manager. Nicki has been an essential part of the center's team for two years. She has been instrumental in developing and promoting the Professional Experience Program (PEP), the National Nutrition Month Health Fair, and many other projects and events. The Magaram Center staff greatly appreciate all her hard work and we wish her much success and happiness as she begins her combined Dietetic Internship and Graduate Assistantship program at the University of Georgia.

Nicki Motoyasu, MMC Project Manager

Cooking With Kids

Written by: Lindsey Marx

In an effort to target childhood obesity and improve nutrition for children, the Magaram Center helped implement the Coordinated Approach to Child Health (CATCH) curriculum for students in grades 1-5 at Hart and Canoga Park elementary schools. In addition to CATCH, "Cooking with Kids," an after-school nutrition curriculum, was designed and implemented at both elementary schools.

Three nutrition graduate students managed the program during the fall and spring semesters. The students taught 60-minute lessons that incorporated a variety of written, group, and food tasting activities. The program's goal was to encourage students to make healthy food choices by tasting a variety of fruits and vegetables including tomatoes, root vegetables, citrus fruits, pears, and salad greens. The program ended in late March and received very positive feedback from the Canoga Park community.

Children participate in preparing a healthy meal.

Marilyn Magaram Center Staff (left to right): Dr. Tom Chen (Founding Director of MMC), Nicki Motoyasu, Dr. Annette Besnilian, Julie Ellis, Andrea Cummings, Nathan Lopez, Shaquille Sumner, and Hoda Hakimjavadi at the National Nutrition Month event.

MMC National Nutrition Month

Written by: Andrea Cummings and Nicole Motoyasu

On Wednesday, March 18th, Matador Square was transformed into a colorful, energetic carnival to celebrate National Nutrition Month. The event boasted the theme "Bite into a Healthy Lifestyle." Tables were arranged within the square to create a salad of colors and hues complete with fruit and vegetable shaped balloons. Yerba Mate Tea provided iced tea samples and Voskos yogurt was distributed to participants.

Food demonstrations conducted throughout the event focused on easy recipes to inspire students to create tasty, healthy meals at home. CSUN's 100 Citizens fitness program demonstrated ways to improve strength and incorporate fitness into a busy schedule. Mandy Li, a CSUN Kinesiology alumna, hosted an exercise demonstration to build core strength and reinforce the importance of a good pre-workout routine. The surprise guest of the event was former Magaram Center Executive Director Dr. Tom Chen, who greeted students with his signature friendly smile.

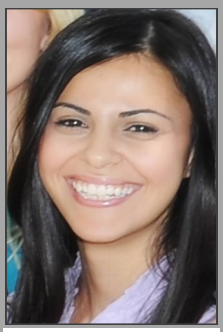
Campus student organizations represented at the event included the Student Dietetic and Food Science Association (SDFSA) and Food Science Association (FSA). SDFSA hosted a make-your-own crepe station, and FSA hosted a sensory evaluation activity using different colored jelly beans. The Magaram Center provided information about nutrition resources for students and offered a hydration station demonstrating different ways to make vitamin and fruit-flavored water. Professional Experience Program students staffed a Spice Rack table where students were able to sample different spices to flavor foods. The event was a huge success due to the tremendous effort and support of our volunteers.

Announcements:

We welcome Bridget Harvey-Elliott as the MMC Advisory Board Chair. Bridget has been an active MMC Advisory Board member since 1995. She is currently the Association Administrator of the California Dietetic Association.

Bridget Harvey-Elliott, MS, RD
MMC Advisory Board Chair

We welcome Anna Abulyan Iranosian as our Center Registered Dietitian (RD) to oversee our MMC projects requiring RD/RDN oversight. Anna also works as a Clinical Dietitian at Providence Saint Joseph Medical Center. Anna was a previous MMC Project Manager.



Anna Iranosian, RD

Staff Recognitions:

Hoda Hakimjavadi:
Graduate Assistant, Spring 2014

Hoda has been working with the Magaram Center as Dr. Besnilian's graduate assistant. She has headed many grant-funded projects and has also been in charge of expanding and developing our new website, Nutrition Experts. Hoda is beginning her CSUN dietetic internship for the Medical Nutrition Therapy Concentration.

Christine Kim:
Graduate Assistant, Spring 2014

Christine is currently a Master's student in nutrition and dietetics and has been working as Dr. Besnilian's graduate assistant. She has revised grants and manuscripts and helped create the Program Assessment Report for Continued Accreditation for ACEND. She has also been a part of expanding and developing our new website, Nutrition Experts. Christine is beginning her CSUN dietetic internship for the Community Nutrition Concentration.

Andrea Cummings:
Project Manager Fall 2014

Andrea is currently a Master's and DPD student in nutrition and dietetics. She has been involved with the Magaram Center since 2012, when she began volunteering with the HUD grant garden project. Prior to her role as a Project Manager in Fall 2014, she had been a Food Science Lab Assistant PEP and a Health Assess PEP. Andrea is a recipient of the Tom Chen and Christine Smith Scholarship award.

PEP Recognitions:

We are honored to have had this amazing group of volunteers dedicate their time to us at the Magaram Center and wish them luck in all their future endeavors as they proceed into their dietetic internship programs.

Ashley Gray: PEP since Fall 2013–California Polytechnic University, San Luis Obispo for the Community Nutrition Concentration

Paige Handler: PEP since Fall 2014–California State University, Northridge for the Community Concentration

Maren Stein: PEP since Fall 2014–California State University, Northridge for the Nutrition Therapy Concentration

Debrin Yahya-Kashani: PEP since Spring 2014–California State University, Northridge for the Nutrition Therapy Concentration.

Christine Kim: PEP since Spring 2014 –California State University, Northridge for the Community Nutrition Concentration

Lindsey Marx: PEP since Fall 2013–Greater Los Angeles Veterans Affairs Dietetic Internship

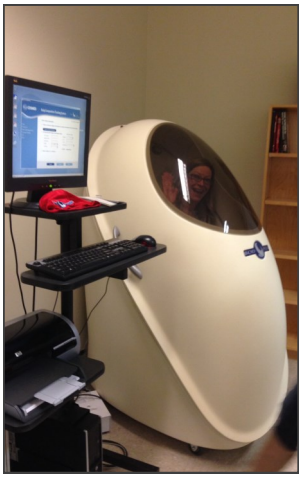
CSUN Athletes Fit to Win Project Update

Written by: Francesca Campisi

The Magaram Center's Fit to Win project for student athletes was going strong this spring. So far we have provided Bod Pod body composition testing for a total of 122 CSUN athletes. Teams include: Men's and Women's Basketball, Softball, Men's Soccer, Men's Volleyball, and Women's Water Polo. In addition, Health Assess PEPs have completed a total of 65 diet analyses for CSUN athletes.

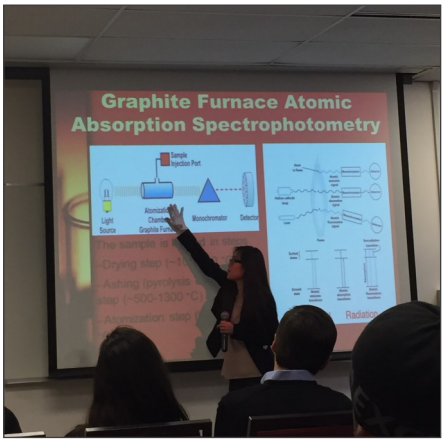
We would like to congratulate two men's soccer athletes, Sagi Lev-Ari and Edwin Rivas, for being drafted into Major League Soccer (MLS). Another congratulations to our men's and women's basketball teams for having an outstanding season. The women's basketball team made it to the first round of the NCAA Tournament!

Our best wishes to all of our student athletes. Matadors Rise!



Bod Pod being utilized by the Health Assess PEPs.

Family and Consumer Sciences Awards Ceremony: Dr. Annette Besnilian, MMC Executive Director with Andrea Cummings, MMC Project Manager and recipient of the Tom Chen and Christine Smith Scholarship.



Diem Nguyen, Food Science student, presenting at the Research Night event.

MMC & Kappa Omicron Nu Research Night

Written by: Andrea Cummings

The Marilyn Magaram Center and Kappa Omicron Nu co-hosted Research Night on May 8th. The program included oral and poster presentations highlighting research conducted by students from all FCS options and Kinesiology.

Our goal was to give students an opportunity to share their exciting work with an interdisciplinary audience. The Magaram Center would like to thank all of the participants for making this event a success! We look forward to making this an annual event.

Education Series

Written by: Esther Schultz

Students listening to an Education Series nutrition lecture.

Alumni, board members, and community partners have been very engaged in a number of lectures, educational panels and discussions at the Magaram Center this spring. On March 10th, we hosted a very successful Registered Dietitian forum. The panel of RDs consisted of Bridget Harvey-Elliott, Association Administrator for the California Dietetics Association, Jocceline Hernandez, Medical Nutrition Therapist at Northeast Valley Health Corporation, and Jenna Jackson, Clinical Dietitian at Sherman Oaks and Valley Presbyterian Hospitals.

Ms. Harvey-Elliott provided students with excellent insight into why it is important to get involved in public policy as a Registered Dietitian. In particular, she urged students to remember to always vote with their profession in mind. Ms. Hernandez spoke extensively about her path to becoming a community dietitian, and how her internship at CSUN helped her get there. Ms. Jackson walked students through what they can expect during a typical day as a clinical dietitian. Audience members were then given an opportunity to ask their own questions of the three panel members. It was a wonderful event that offered a unique opportunity for nutrition and dietetics students to ask questions of dietitians in three very different fields of work.

The Magaram Center hosted another exciting event for CSUN students on April 16th when Barbara Fairchild, former editor-in-chief of Bon Appétit Magazine, talked about food and the media. We were also privileged to host Bill Hadad and Dr. Elizabeth Sussman for education series events: Mr. Haddad discussed the food and beverage industry, and Dr. Sussman discussed her recent selenium research and development of gummies for renal disease patients.

These education series events allow students, faculty, and community members to stay up to date on nutrition and food science issues and also encourage students to learn outside of their major and focus areas. We have had a tremendous amount of success with our education series and hope to continue providing this wonderful opportunity. We would like to thank all of our presenters—without them, these events would not be possible!

Day of Discovery

Written by: Julie Ellis, MS, Associate Director, MMC

During the spring 2015 semester, the Marilyn Magaram Center participated in two career day events designed to inspire high school students to pursue careers in the health sciences. The "Day of Discovery" event hosted 11th grade students from Northridge Academy High School and "ETS Math, Science, and Health Career Day" hosted students from Sylmar High School.

Students were introduced to the many careers options in both food science and dietetics. Magaram Center staff and volunteers led the students in nutrition activities designed to increase their nutrition knowledge. The students participated in a food science activity where they learned about food gums and made gummy worms. The students had many great questions and we look forward to hosting again next year.

Submitted and Awarded Grants:

The Magaram Center submitted and was awarded the following internal and external grants this year: Two CSUN Campus Quality Fee (CQF) grants for the Bod Pod Project and Nutrition Experts Website; a CSUN Instructionally Related Activities (IRA) grant to enhance and implement student nutrition, cooking knowledge, and product sampling at the CSUN Farmers Market; and a SCIFTS grant to update rheology equipment in the food chemistry lab.

The following grants were obtained to conduct research and help with implementing Magaram Center projects and programs: an AETNA Foundation grant, Dignity Health grant, and Kaiser Permanente Panorama City Community Benefit grant for the "Lets Cook and Move in Schools" program; and a Whole Kids Foundation grant to help local schools with gardening projects.

The following grants and projects are in the works:

- Choose Health LA Kids
- UniHealth/Canoga Park Health Improvement Zone subcontract
- A USDA HSI grant.

Sincere Thanks

The Marilyn Magaram Center would like to sincerely thank all of the Professional Experience Program (PEP) students who have dedicated their time and efforts throughout the Spring 2015 semester. Our programs and events have had continued success due greatly to their hard work and dedication!

Community Supported

Agriculture
Eliz Baltayan
Sarah Jackson

Education Series
Lucy Khodanian
Amanda Bravo

Food Science Lab Assistants
Algin Guingao
Paola Hernandez
Walter Fuentes
Sarah Pesses
Patrick Reyes
Jessica Wunder

CHLA-Kids
Alyssa Bartholomew
Walter Fuentes
Paige Handler

Food Chemistry Lab
Meleena Bieber

MMC Educators
Victoria Olvera
Guadalupe Alfarocabrera
Joey Gerardi
Jennifer Lee
Julie Jordan
Amy Meyer

Food Safety Coordinator
Christina Bowen
Gabriel Coronel

Health Assess
Debrin Yahya-Kashani
Luba Rosenblum
Ashley Gray
Maren Stein
Esmeralda Galaviz
Julio Guillen

Glendale Adventist Medical Center: Volunteer
Esther Schultz

Exciting Announcement!

Simona Hradil, CSUN Sports Nutritionist, participating in the Nutrition Experts food demo.

We would like to congratulate Simona Hradil, who will be the first Sports Nutritionist for CSUN Athletics and help develop the Sports Nutrition program for 400 athletes. The Sports Nutrition program at CSUN will be the first in the Big West Conference. Simona completed her master's thesis on the effect of individualized nutrition counseling on CSUN student athletes' diet, eating patterns, and performance, and she also participated in a Dietetic Internship. Simona also received the FCS Outstanding Graduate Student Award for 2015. Simona was a previous Graduate Assistant working with athletes and conducting health assess and Bod Pod. Again, we congratulate her and wish her the best!

Choose Health LA-Kids

Written by: Alyssa Bartholomew & Walter Fuentes

Alyssa Bartholomew and Walter Fuentes, CHLA student assistants, teaching a healthy eating class.

Nutrition is a broad field with many areas of focus. As a graduate nutrition student, I have not yet determined the type of work I want to do when I become a Registered Dietitian. This is one reason the Marilyn Magaram Center is an amazing resource. It provides wonderful professional opportunities and experiences for students like myself.

Working in public health has always seemed daunting to me. How do you change the eating habits of an entire country and stop the obesity epidemic that is facing our nation? My experience as a Professional Experience Program (PEP) student through the Magaram Center with Northeast Valley Health Corporation and Choose Health LA-Kids (CHLA) has shown me how small changes can make an impact.

Working with the program manager, Jessica King, has been such a rewarding experience. The most recent project I worked on was a 5-week workshop where we discussed health topics and gave food demonstrations to parents of young children. Each week we taught the group a different lesson regarding healthy eating. Some of the topics covered included: portion sizes, food labels, physical activity, and balanced diets. At the end of each workshop, I led the group in physical fitness activities. Following the exercise, we gave food demonstrations of healthy recipes with produce pointers and tips.

Watching the same group of parents grow and learn over the five weeks made me realize how much I enjoy this part of the profession—sharing nutrition knowledge. People need to be educated about nutrition to make healthy choices. I saw changes happening in just five weeks among these enthusiastic parents. If the parents shift their own eating habits, their children will grow up eating healthy and change can start to happen.

MMC at Associated Students Farmers Market

Written by: Guadalupe Alfaro and Masayo Chatham

PEPs representing MMC at the AS Farmer's Market.

The Magaram Center was privileged to participate in the first Associated Students Farmers Market this spring, where we were able to provide nutrition information to the CSUN community. We also provided community nutrition education at the St. Peter Armenian Church health fair.

The CSUN community was very excited to begin the semester with new healthy eating habits. At our table at the Farmers Market, we encouraged individuals to start making small improvements to their diets and make better decisions when choosing what to eat or what to purchase while shopping for food. We enjoyed addressing nutrition and food-related doubts and concerns. We practiced our communication skills and we learned that people were willing to listen and ask questions when they were ready to hear advice.

At the health fair, we had a similar experience, and there was the added benefit of working with children. It was very interesting because we had to make the nutrition education age-appropriate and use fun and motivating educational materials like the nutrition wheel. Children visited the health fair with their parents and we encouraged them to incorporate healthy eating into their family routine. We focused our education on eating breakfast daily and eating a variety of fruits and vegetables. We believe it is extremely crucial to start building healthy eating habits from a young age, and getting children involved in the activities surrounding food selection provides a sturdy foundation for continuing healthy habits as adults.

Overall, it was a challenging, but rewarding experience particularly when people thanked us for the information we provided. The MMC looks forward to continuing to provide nutrition education to both the CSUN community and the general public.

Matador Marmalade

Written by: Carissa Berger

Matador Marmalade prototype

This semester in FCS 302 Product Development, Food Science students Aryn Noble, Cassie Berger, Christina Bowen, and Tiffany Zaich started working on an exciting new product—Matador Marmalade. Matador Marmalade is being developed with the idea of creating and incorporating campus recognition and sustainability into a product generated by the students, for the students. Professor Julie Ellis inspired the idea for developing a marmalade that can be sampled at the weekly CSUN Associated Students Farmers Market and sold on campus.

The concept of orange marmalade was chosen because CSUN was established on an orange grove in the late 1950's and some of these original trees still remain. "By sourcing our main ingredient locally from our campus, we are able to reduce the carbon footprint of our product," said Miss Zaich. Matador Marmalade is no ordinary marmalade. It is made using only natural ingredients and without artificial preservatives. It can be used in both sweet and savory dishes which will potentially be demoed throughout the school year by Magaram Center student professionals.

Developing and marketing Matador Marmalade will help generate both departmental and campus recognition for CSUN's Food Science program. "We developed a product that incorporates the campus mascot in order to help bring attention to the Food Science program throughout the campus," said Miss Noble. Matador Marmalade is expected to begin production in Fall 2015.

Special Thanks to Advisory Board Members

We would like to conclude our newsletter by thanking each of the Magaram Center's Advisory Board members for your continued support and participation. Our 2015 Advisory Board members are as follows:

Sylvia A. Alva, PhD,
Dean, College of Health and Human Development

Sandra B. Chong, PhD,
Chair, Department of Family and Consumer Sciences

Michelle Barrack-Gardner, PhD, RD

Ellen Bauersfeld, MD, RD, CDE

James Brooks, PhD

Yi (Tom) Cai, PhD

Claudio Cardelli, PhD

Audrey Clark, PhD

Merav Efrat, PhD, MPH

Salvador Esparza, DHA, MSHA, BSN-RN, FACHE

Barbara Fairchild

William Haddad

Bridget D. Harvey-Elliott, MS, RD

Kim Henige, EdD

Dena Herman, PhD, MPH, RD

Victoria Jaque, PhD

Jae-Min Mandala

Monica Pang, SDFSA President

Eric Sletten, MD

Elizabeth Sussman, PhD, RD

Ragip (Bob) Unal, PhD

Steven Yannicelli, PhD, RD

CSUN Dietetic Interns: Advocates of Nutrition and Public Policy

Written by: Erin Manlulu, MS and Jessica King, MPH, RD

CSUN Dietetic Interns at an MMC public policy event.

The CSUN Dietetic Internship program recognizes the importance of being informed about public policy and provides opportunities for interns to be advocates of the nutrition and dietetics profession. This past March, CSUN dietetic interns attended the California Dietetic Association's (CDA) Public Policy Education Day in Sacramento. The Marilyn Magaram Center was able to co-sponsor the cost of the attendance at the conference. The interns talked with their legislative staff members about the importance of a registered dietitian in various settings. The interns were also trained by CDA to become Legislative Ambassadors.

On April 27, four of the dietetic interns presented on key priority issues of the Academy of Nutrition and Dietetics at CSUN's Nutrition & Health Public Policy Event: "Collaborating Today for a Better Tomorrow." The event provided hands-on information for students and community members, updating them on current health policies and bills, while showcasing our students' and community's public policy efforts. Issues addressed at the event ranged from reducing the marketing of unhealthy food and beverages to legislation that promotes healthy families.

At the event, Northeast Valley Health Corporation and Northridge Hospital's Choose Health LA Kids parent collaborative groups organized a Photo-Voice exhibit that advocated for reducing unhealthy food marketing towards young children. The exhibit revealed the overwhelming amount of unhealthy food marketing aimed towards children. Students and community members then strategized ways to build healthier communities, creating a platform to collaborate and get involved with public policy from the beginning.

Audience listens to lecturer at the MMC spring semester public policy event.

Event sponsors were CSUN's Dietetic Internship Program, Marilyn Magaram Center, Oviatt Library, Northeast Valley Health Corporation, Dignity Health Northridge Hospital, The Institute for Community Health and Wellbeing, Kappa Omicron Nu, California Dietetic Association, Los Angeles District Dietetic Association, Child Development Institute and the Child and Community Resource Center. There were more than 150 students, faculty, staff, community partners, and parents in attendance. Continuing Professional Education Units (CPEU) were provided.

Contact Us

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