

TSDA TODAY

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Letter From the Vice-President

Howdy Texas Student Dietetic Association,

I hope that you have all had a wonderful and relaxing winter break and are now well on your way to making this semester the best one yet! Your TSDA executive officer team has been diligently preparing to assist you in doing just that!

It is a very exciting time to be a TSDA member! Let me tell you why! The spring semester has many new opportunities for you to grow in leadership and professionalism as you pursue your career as a nutrition professional. Your officer team is dedicated to providing you with new experiences.

For the very first time ever TSDA has partnered with TDA to offer you an exciting student track for this year's annual TDA FNCE so please mark your calendars for April 12-14!! This innovative track has been personally designed to spark your interest and encourage you to find your niche in nutrition. Don't believe me? Then check it out at http://www.eatrighttexas.org/meetings/fnce_2012.asp. Be sure to register today to get the best pricing available and take notice of our new education and career fair. This is going to be an event you will not want to miss!

We are also very pleased to present you with new membership and leadership opportunities as well as scholarships! With the recent ADA name change we have also felt it most appropriate to strongly consider a name revision. Let your voice be heard by participating in our name change survey.

Within this issue of TSDA Today, you can find all of the details you need about these exciting possibilities and we sincerely hope that you take full advantage. Thank you for your continued participation in your Texas Student Dietetic Association and feel free to visit us regularly at www.eatrighttsda.org. We look forward to seeing you in San Antonio at TDA FNCE!

Brittney Camarillo

TSDA Vice-President

Texas A&M University, '12



Membership

Our membership year goes from May to May, just like ADA/TDA. You can submit membership dues at any time, but we only send out membership cards and t-shirts once a year after the fall membership drive. Please note that even though dues are paid in the spring, the membership year will end in May of that same year, as with ADA/TDA. Registration form can be found at: <http://www.eatrighttsda.org/abouttsda/comejoinus.php>. Existing members should have received TSDA club shirts and membership cards at the address provided. If you have not received your club apparel yet then rest assured that they should be arriving very soon. Enjoy!



Community Outreach Project

In celebration of national nutrition month, we are challenging all chapters to participate in a state-wide student lead food drive to benefit local communities. *Please have your chapter participate no later than March 23, 2012.* Be sure to keep a record of how much food was donated so that your student dietetic association can be featured in the April edition of TSDA Today!

Benefits of TSDA!

As a TSDA member you have chosen to become a vital component of a student community aimed at pursuing professional development in nutrition and dietetics!

Below are just a few of the benefits our members enjoy:

- Scholarships
- Resume building
- Networking
- Career opportunities
- First-hand look into nutrition and dietetics
- Leadership development
- Chance to meet with numerous RD professionals
- Information about dietetic internship programs and graduate schools
- And so much more!

“Living what you learn one bite at a time.”

Leadership Opportunities

LIASON:

In our ongoing efforts to serve all of our member's needs and make this organization work for you, I would like to send a special request to the chapter presidents to appoint a TSDA liaison for the spring term. This could be someone already elected, like your historian or equivalent, or someone you choose to specially appoint. We feel that by creating this relationship, we can foster teamwork across the state and have open communication with each chapter.

You are all important to us, and we want to know what you do to contribute to the field of nutrition. *Please email liaison contact information for to the TSDA historian, Emily McCallum at eam07a@acu.edu by February 13, 2012.*



OFFICER TEAM:

Thinking about a role in leadership? Consider applying to be an essential part of TSDA officer team for 2012-2013. Applications will be posted online in the soon. Each applicant will be have to opportunity to run for one position and each school receives one vote per position. *Elections will be held at this year's TDA FNCE in San Antonio Friday, April 13, 2012 at 4:10 p.m!*

Please let us know if you have any questions about the application process. Additional information and the officer application can be found online at: <http://www.eatrighttsda.org/officers/application.php>.

TSDA Name Change

Due to the recent name change of ADA and TDA to the Academy of Nutrition and Dietetics (AND) (TAND), we are proposing to change the name of the TSDA to the Texas Student Academy of Nutrition and Dietetics (TSAND).

In order to make this change occur we need your participation. Please fill out the one question survey found using the link below. Thank you for your participation!

<http://www.surveymonkey.com/s/LBTKLWH>.

*Texas Student
Academy
of
Nutrition
and
Dietetics
(TSAND)*



Scholarships

TSDA will award scholarships to cover the registration fee for the 2012 TDA FNCE registration! We will also award our annual, traditional scholarship to support dietetics education. Winners of the academic scholarship will be announced at the TSDA meeting at TDA FNCE on April 12, 2012. The scholarship winner need not be present to win.

To be eligible for a TSDA scholarship, a student must be a paid TSDA member. A student must also be enrolled full-time in a dietetics education program for the upcoming school year or have applied and be awaiting acceptance. All academic scholarships will be awarded for the 2012-2013 academic school year. Applications can be found online at: <http://www.eatrighttsda.org/members/scholarships.php>

Recipes

Roasted Bell Pepper and Pine Nut Pasta

- 1 package whole wheat linguine pasta
- 6 large Red bell peppers - sliced julienne style
- 1 small-medium onion chopped
- 3-4 medium tomatoes chopped
- 6 cloves of garlic (or to taste)
- 1/4 cup fresh basil
- 3-4 tbsp olive oil
- salt and pepper to taste
- cayenne pepper (optional)
- 1 Cup pine nuts



Saute garlic and basil with olive oil to infuse the oil; Next add tomatoes and onions and saute until soft and onions are translucent; Add bell peppers with salt, pepper, and cayenne to taste and cover and simmer for about 20 minutes till all cooked thoroughly and consistency of sauce; Boil pasta al dente; pour sauce over pasta and toss with pine nuts and serve; **Optional: May serve with slices of grilled chicken on top

Recipe submission courtesy of:

Lauren Couvillon

Texas A&M University, '15

Broccoli-Quinoa Casserole

Recipe adapted from www.eatingwelllivingthin.com

One 10 oz can Cream of Mushroom, low-sodium soup

1/4 cup reduced-fat mayonnaise

2 tablespoons milk (any kind - dairy, soy, almond, coconut, etc)

1 1/4 cups reduced fat shredded cheese (cheddar, colby-jack, etc)

1/2 teaspoon Splenda/sugar (optional)

1/4 teaspoon black pepper

Dash ground nutmeg (optional)

2 cups cooked broccoli

1 1/2 cup COOKED quinoa

Freshly grated Parmesan cheese

To cook quinoa:

3/4 cup quinoa

1 1/2 cups water

1/4 teaspoon salt



Rinse quinoa in a fine sieve until water runs clear. In a small saucepan combine the quinoa, water, and salt. Bring to a boil over high heat. Reduce heat to low and cover. Cook for 18-20 minutes, or until fluffy and the white ring/tail is visible. Fluff with a fork.

Preheat oven to 350 degrees and coat a shallow (8×8 in or 5-6 cups) casserole dish - or individual ramekins - with vegetable cooking spray.

In a large bowl combine the soup, mayonnaise, milk, shredded cheese, Splenda, pepper, and nutmeg until well mixed. Stir in the quinoa and broccoli.

Spoon mixture into prepared casserole. Sprinkle on a couple tablespoons Parmesan and bake for 30-35 minutes or until bubbly on the edges and golden. Makes 8 generous 1/2-cup servings.

Per 1/2 cup Serving: Calories 199, Protein 10 g; Fat 9 g; NET Carbs 14 g; Fiber 2 g; Sugar 1 g; Sodium 297 mg

Recipe submission courtesy of:

Marcie Perez

Michael E. DeBakey VA Medical Center Dietetic Intern, '12