



The Nutrition Update

Nutrition and Food Services Newsletter

Memphis VA Medical Center

March 2015

March 26th

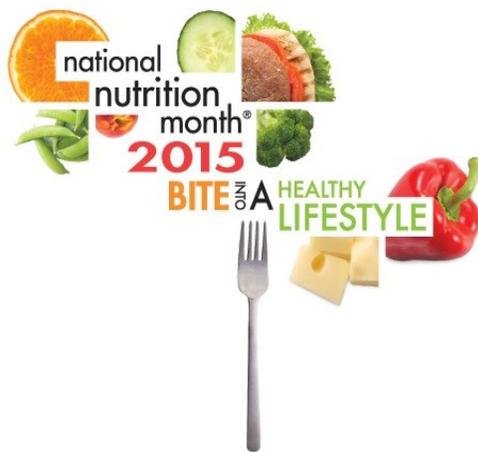
National Spinach Day

Popeye swears by this leafy green vegetable packed with folate, iron, calcium, and Vitamins A, B6, C, E, and K. Did you know that Popeye helped increase the consumption of spinach in the United States by 33% in the 1930's? So how can we help our sailor men (and ourselves) incorporate more spinach into our diet? Here are some quick and easy ideas:

- Add spinach to your smoothies
- Mix it into your tossed salad
- Throw it in your soups or stews
- Add it to sandwiches and hamburgers
- Sneak it into your pasta meal by pureeing it with the sauce
- Top pizzas and quiche

Happy eating!

National Nutrition Month at the Memphis VA Medical Center



Bite Into A Healthy Lifestyle!

Each March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month®. This year everyone is encouraged to adopt eating plans that are focused on consuming fewer calories and making informed food choices to maintain a healthy weight, reduce the risk of chronic disease, and promote overall health.

A healthy eating plan emphasizes nutrient-rich foods and beverages including; vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, seafood, lean meats and poultry, eggs, beans and peas, and nuts and seeds and limits foods with added fats, sugars, and salt.

Announcements

3rd Annual Gala: Friday, March 6, 2015 @ The Pink Palace

TAND Annual Meeting: Monday, March 23, 2015 @ St. Thomas-Midtown hospital, Nashville

Hill Day: Tuesday, March 24, 2015 @ Citizens Plaza, Nashville

National Nutrition Month Activities

- ◆ Nutrition Trivia for FSW: February 24th & 26th @ 8:15 am
- ◆ The food drive will run March 1st-14th. All are encouraged to participate and bring food items!
- ◆ Nutrition Walk: March 2nd- event will be promoted at CBOCs, in display cases, and with table tents
- ◆ Cooking Demo:
- ◆ Grocery Store Tour:
- ◆ Nutrition Bingo: March 4th and 11th @ 1pm
- ◆ Special Meal: March 11th, 2015
- ◆ Nutrition Booth : March 12th from 11-1pm
- ◆ Nutrition in SCI: March 13th from 10-2pm
- ◆ Snack and Learn in Women's clinic

In addition, we will be promoting NNM with a display next to the cafeteria, weekly tray cards, and promotion on the VA's social media accounts. Thank you **Michelle Grabowski** for all of your hard work in planning these fun events!

Spotlights

Great job to our foodservice employees of the month!

We appreciate your hard work and dedication.

October - Sheniqwa Wynn

November - Adrienne Robinson

December - Ella Buchanan

Welcome new NFS employees!

Mamie Allen

Tracey Richardson

Seterrica Jackson

Alicia James

Foodservice Spotlight



Jerveda Crutcher is an important member of the foodservice team. She works in our diet office ensuring that our patients get the correct diet and their preferences. She has played a huge role in our switch to Computrition. She says with Computrition the dislikes are a lot more manageable because the system incorporates preferences and smart subs. Jerveda began working at the VA February 23, 2014 after working at Baptist Desoto. She was born in Olive Branch and raised in Gulf Port, MS. Jerveda has one brother and a God brother in the area. She enjoys real estate and has an eye for design. She likes to help people envision their dream home and she enjoys refurbishing furniture. We are so grateful to have her on our team. Thank you Jerveda for all that you do!!

Congrats to NFS Employees and Clinical Staff

Angie Wallick was recently chosen to fulfill the role of nominating committee for the upcoming 2015-2016 TAND Board of Directors. Angie's task is to assist in the nomination of candidates within TAND. To be elected for this role, an individual must be knowledgeable in their field and work for the interest of the organization. She also just completed her first marathon on December 6th!



Anniversaries

David Garrett 2/08/78

Cotcha McNeil 2/13/00

Sheila Pinckney 2/01/02

Walter Smith 2/13/06

Johnnie Shepherd 2/14/07



National Registered Dietitian

**Nutritionist Day, March 11th
2015**

Purpose: Created to recognize RDNs as the indispensable providers of nutrition services and to commend their efforts in helping people enjoy healthy lifestyles. RDN Day and National Nutrition Month promote the Academy and RDNs to the public and media as the most valuable and credible source of nutrition information.

RDN Key Messages

1. RDNs are the food and nutrition experts who can translate nutrition science into practical information for healthy living.
2. RDNs have degrees in nutrition, dietetics, public health, or another respected field from accredited colleges, completed an internship and have passed a national examination.
3. RDNs use nutrition expertise to help people make positive lifestyle changes.
4. RDNs work throughout the community in hospitals, nursing homes, fitness centers, food management, schools, public health clinics, universities, research, and private practice.

Great News!

"I am pleased to announce ACEND's decision to grant us full accreditation. They commended us on our commitment to quality and continuous improvement in dietetics education along with our 100% pass rate on the RD exam. I want to thank each one of you for helping us to achieve this by serving as preceptors, participating in the site visit, and your commitment to making our program a success. Repeatedly the site reviewers were impressed with the commitment of the preceptors and leadership to our program. It is your efforts that made this possible and continue to make our program a success."

- Jacqueline Roos

Test Your Nutrition IQ

- 1) This green vegetable is a member of the cabbage family and a close relative to cauliflower.
- 2) What do avocados, eggplants, cucumbers, chilies, and tomatoes have in common?
- 3) Worldwide black pepper is the most popular spice. What is the second most popular spice?
- 4) Name the three macronutrients.
- 5) Challenge Question: These are naturally occurring chemical compounds found in fruits and vegetables. Some are responsible for the color of the fruit. They are non-nutritive.

Co-editors

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