



FIRST COAST

Academy of Nutrition & Dietetics



Established 1997

February 2021 Newsletter

A Message from Your Secretary

As I sit here to write, I am feeling nostalgic. When I heard last year that FCAND was merging with Gainesville, it saddened me. This merger was considered due to declining membership and lack of member engagement. Our organization that once had over 100 members was down to only 28.



FCAND is dear to me. I have been involved in many roles over the years. My past business, Medical Nutrition Therapy of Florida, originated at a Jacksonville Dietetic Association meeting. Without FCAND, gone would be time to see my friends at meetings and opportunities to get advice from mentors. Joining a professional organization is critical in keeping current with the latest knowledge and practices locally, regionally, and globally. It helps the professional stay informed about current issues and opportunities. It assists with personal advancement for members who are involved.

Please hear our plea, if you haven't joined, please do so! Your Board is working to restore the fun and our networking, and educational opportunities. We have grown to 44 members, but we need you to continue to remain independent.

In closing, here are my hopes for you during the month of love:

I hope you take a leap of faith instead of wasting your life waiting for the right time.

I hope you find happiness in simple things and believe there is always a silver lining.

I hope you follow your passions and remember that actions speak louder than words.

And mostly, I hope that you remember to be you, unapologetically.

Blessings to you and yours, *Donna Toms Jones, 2020-2021 FCAND Secretary*

**Getting ready
to renew your
nutrition and dietetics
license?**

**You will need
Medical Errors
& Ethics CEUs.**

Save the date!

3/10/2021
5:00 - 7:00pm ET

Medical Errors Live Virtual
CEU Event

plus a

Discount on
Professional Development
Resources on-demand
Ethics CEU

MOVING CLIENTS TOWARDS POSITIVE SELF-TALK

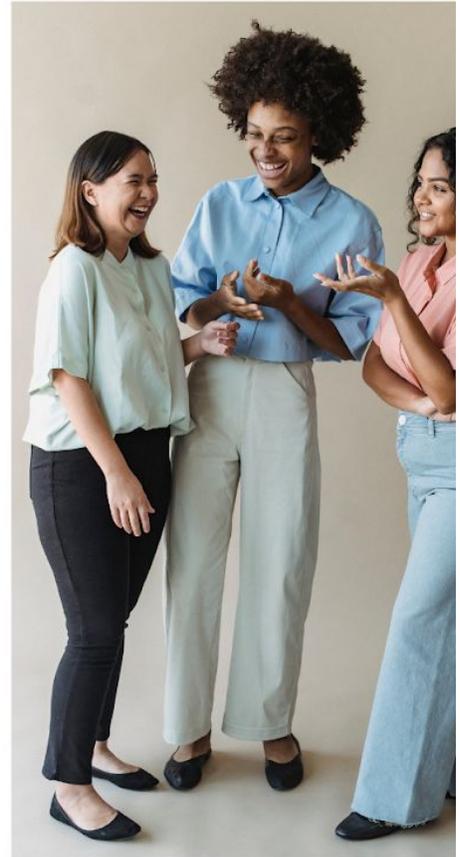
By: Cintia Vazquez

By mid-February, many have given up on their new year's resolutions. Your clients may be feeling sad or unmotivated when they couldn't stick to their strict new year's diet or meal plan. Their self talk is probably very loud and very negative. This inner voice that we all have can at times be very critical of our bodies and our food choices. It can be powerful and affect how our clients view themselves and the world. By leaning into your coaching skills, you can help curb negative talk by guiding your clients with reframing.

Help them become aware of their self-talk first by reflecting and summarizing. Then ask open-ended questions to help your client explore and challenge their self-talk. Finally, help work on affirmations to help them shift their negative focus into a more positive, or neutral, focus.

Consider a client who shares that their self-talk is "I will never be happy because I'm so overweight." As a nutrition professional, you can help your client explore this idea to see if it is true and guide the client in creating more positive affirmations. Many times, it is not weight loss that a client really wants; but rather the benefits that they associate with weight loss, such as body confidence. Practicing positive self-talk can actually increase body confidence. A reframed affirmation may be, "I am now happy because I appreciate my body and all it can do."

Authors Note: If clients are anything like me, keeping a journal and writing affirmations and emotions will NOT work. As part of Generation Z, I grew up with technology, the internet, and social media. I have found that apps are an effective way to work on improving my inner dialogue to become more positive. An app that I found named 'I am' is a personal favorite. Not only do the affirmations provided resonate with me, but since it is a widget, I can see the affirmations on the homepage of my phone every day.



Source:
<https://www.blueprintnutrition.ca/self-talk-to-improve-your-food-relationship/>

CALENDAR OF ACTIVITIES TO LOVE YOUR HEART

By: Shayla Herring



The FCAND board wants you to feel your best this new year. Make your heart health a priority in February with this calendar of daily actions. Your FCAND Board brainstormed these ideas to help you keep your heart healthy for American Heart Month.

FEBRUARY — 2021 —

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Meatless Monday!	2 Check your blood pressure.	3 Replace one drink with water.	4 Dance like nobody is watching.	5 National Wear Red Day.	6 Share a meal - even if virtually.
7 Give yourself a hug.	8 Choose healthy fats by eating fish and nuts.	9 Have your cholesterol checked.	10 Try a new form of exercise.	11 Say a positive affirmation in the mirror.	12 Make a meal from scratch.	13 Turn off electronics 2 hours before bedtime.
14 Enjoy your favorite type of chocolate.	15 Check your blood sugar.	16 Add strength training to your exercise routine.	17 Replace one high sodium item with a low sodium option.	18 Do 2 minutes of silent meditation.	19 Plan your meals for tomorrow.	20 Spend some fun-time with family or friends.
21 Get a full night's sleep.	22 Take a socially distanced walk with a friend.	23 Eat one of each color of fruit or vegetable.	24 Add 5 bursts of 5-minutes of activity.	25 Pause to take 5 deep breaths.	26 Try a new whole grain.	27 Reach out to connect with someone.
28 Act in service for your community.						

ALL ABOUT CHOCOLATE



Sharon Lutheran, RD, LD/N

February and chocolate go together like hearts and love.

You may think of chocolate as bars, hearts, and bite-sized candies; but it was originally a drink. The origin of the word chocolate comes from the Aztec word "xocoatl," which referred to a bitter drink brewed from cacao bean. Cacao trees are native to Central and South America where their beans were used as a ritual drink, medicine, and even currency by the Mayans and Aztecs. Legends say that Cortes brought cacao seeds to Spain in the 1500s and it spread to Europe. Chocolate has since become so popular that it now has its own day on July 7, which is designated International Chocolate Day.

Types of Chocolate

Milk chocolate was originally made with powdered or condensed milk in Europe. In America in 1894, Milton Hershey lived in Pennsylvania where dairy farms were plentiful. When he developed the process of making milk chocolate, he chose to use liquid dairy milk. In 1907, This is where Hershey's kisses were developed and they were originally wrapped by hand. Today, over 70 million kisses are made every day.

Dark chocolate has more cacao, ranging from 70-100%, with all the fat coming from cocoa butter rather than milk. This type of chocolate has increased in popularity in recent years.

White chocolate does not have any cacao solids. It is made from milk, sugar, and cocoa butter.

Ruby chocolate comes from the Ruby cacao bean and has a distinct red color. This type of chocolate was introduced to the public in 2017.

Chocolate Nutrition

Chocolate is typically high in calories, carbohydrates, sugars, and fat and low in protein. The cacao seed has some health benefits. Dark chocolate is considered the healthiest type of chocolate as there is more cacao and less sugar. But we aren't sharing all the details because some foods are just meant to be enjoyed. So go ahead and enjoy your favorite type of chocolate this month!



