



Journal

Volume 4, Issue 1, August 2012

President's Message



A new JDA year has begun and I am honored to be serving as your President. My goals are to increase JDA networking and social opportunities and to make JDA more visible in the Jacksonville community.

The board, committees, and I have already been planning the events for the upcoming year. We will be bringing you many CE offerings this year. Our regular format will change to offer shorter CE meetings in the evenings. We are working to bring you CE opportunities through Journal Club and Movie Nights free-of-charge for JDA members. We are also planning monthly Happy Hours in rotating areas so we can all get to know one another better and use the association for networking and connections.

We have a Community Involvement/Fundraising Committee and a PR/Marketing Committee this year. They will be working to bring you opportunities to get involved in our community and to publicize the good work that JDA's RDs, DTRs, and students do in the community.

I cannot accomplish my goals without a strong team working with me - I need you to get involved! You will hear me say it more than once because I strongly believe it: JDA is YOUR association. Every single one of us come together to make JDA what it is.

I hope that you get involved with JDA and let your voice be heard!

- Alexia Lewis, MS, RD, LD/N

CALENDAR OF EVENTS

AUGUST

JDA Kick-Off Social

Thursday, August 30th, 6:00-8:00 P.M. at Seven Bridges

\$5 per person, includes food and 1 drink.

\$3 towards JDA scholarship enters you into BUNCO bash!

BUNCO is a great game to meet and greet! See game rules at worldbunco.com/rules. Game space limited to 24.

Friends and family welcome! Don't miss out!

Please RSVP on Evite or visit the JDA website event page.

SEPTEMBER

Diet Management for Chronic Pain, 1 CEU

Monday, September 27th, 6:30-7:30 P.M., details TBD

OCTOBER

Journal Club, 1 CEU

Tuesday, October 9th, details TBD.

Movie Night, details TBD

NOVEMBER

UNF Seminars

Friday, November 2nd and 9th, 8:00 A.M.-1:00 P.M.

Friday, November 30th, 9:00 A.M.-5:00 P.M.

JDA Happy Hour, details TBD

DECEMBER

Insulin Management in the Hospital, 1 CEU

Thursday, December 6th, 6:30-7:30 P.M., details TBD

Holiday Potluck Social

Friday, December 21st, details TBD

JDA Happy Hours held monthly!

Please visit eatrightjax.org/events for event details.

About JDA

The Jacksonville Dietetic Association is an organization of Registered Dietitians, Dietetic Technicians, and Dietetic Students. JDA is an affiliate of the American Dietetic Association (ADA) and the Florida Dietetic Association (FDA) - District 4 serving Baker, Clay, Duval, Flagler, Nassau, St. Johns and Union counties in Northeast Florida. Our mission is to provide expert nutrition education and support to our members and the community. JDA meets 4 to 5 times per year with opportunities for continuing education at each meeting. Visit us online at eatrightjax.org.

Meet Canary Melon!

By Lindsey Janeiro



In the midst of the summer heat it seems that everyone is clamoring for refreshing summer melons like watermelon, honeydew, cantaloupe, Canary melon... wait, what kind of melon? The Canary melon, scientifically known as the Cucumis melo, is an oval-shaped melon that, when ripe, has a bright yellow rind with a waxy feel. They are named for their canary yellow skin, and the inside flesh ranges from pale green to ivory.

When choosing a melon, pick one without any green on the rind and that weighs between four and five pounds. Melons can be stored uncut at room temperature until melon is fully ripe. Once cut, they can be kept in a covered container and refrigerated for up to three days.

Ripe Canary melons taste like a sweet honeydew with a slight tang and pair well with citrus, ginger, honey, other melons, herbs, and chilies. Try the melon in cold soups and salads or frozen in granitas, sorbets, and popsicles. Canary melon also packs a nutritional punch, with one cup containing about sixty calories and meeting 50% of the recommended daily intake of Vitamin C and Vitamin A. No matter how you prefer your summer fruits, Canary melon makes a great addition with many creative uses. Don't let summer pass you by without giving this refreshing melon a try!

~ Melon Salsa ~

- 1 ½ cups diced melon
- 1 cup diced bell pepper
- ¼ cup diced red onion
- 1 tbsp. lime juice
- 1 tbsp. oped cilantro
- 1 tsp. minced jalapeno (remove seeds and membranes)
- ½ tsp. fresh grated ginger
- ½ tsp. minced garlic

Combine all ingredients and stir thoroughly. The salsa will keep up to three days, refrigerated. Serve on top of grilled chicken or fish, use as a salad topping, or dip with whole grain pita or tortilla chips. Serves 12.

Nutrition Facts Per Serving:

Calories – 14 Sodium – .5 mg
 Fat – 0.1 g Protein – 0.3 g
 Carbohydrate – 2.3 g

Hey Jax! Whaddaya Know?

by Antwiwa Hyman

It's summertime and the weather is hot! There's fun in the sun, water, and of course, great food. We can always count on the folks of Jacksonville to tell us what's on their mind. Here's what they had to say:



Ken D.

1) Do you feel that you eat differently during the summer and if so, how?

"I eat a lot more fruit during the summer. A lot more melons, honeydew melons, cantaloupes, grapes, strawberries."



Aljuan H

1) What is your favorite summer beverage?

"Orange juice (and) Cranberry Juice."

2) If you could plan a summer pool party, what three foods must you include,

"Broccoli, cauliflower...and I would have protein shakes."



Caroline N.

1) What is your favorite summer food?

"I would say salad...with spinach!"

2) Do you have any childhood summer memories of the ice cream truck?

"The real ice cream with the sprinkles on it"



Michael O.

1) What is your favorite summer beverage?

"Beer!"

2) What do you know about a Canary Melon?

"I know what a Canary is...and I know what Melon is... It would be yellow with feathers and round!"

New Ethics Requirement

CDR now requires that all RDs and DTRs complete 1 CPEU hour in Ethics (learning need code 1050) during each 5-year recertification cycle. This requirement will become effective with cycles ending on May 31, 2017 and will be phased in over a 5-year period. For more info, please visit cdrnet.org/ethicsrequirement.cfm.



JDA Journal Contributors

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Comments & Suggestions Welcome:

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★ Member Accomplishment ★

Cat Wallace won the 2012 Community Leadership Award from the Presidents Council on Fitness, Sports, and Nutrition! She is one of only 47 people in the country and only 4 in Florida to win. Congrats, Cat!