

# Nutrition Management Today

October 2013 - Happy Halloween

## Message from the President: Leanne Kolbe

**H**ard to believe it is almost the end of October, that Thanksgiving has already passed and we are now fast approaching Halloween. I am happy that we have not seen any snow fly; fingers crossed that it holds off for the little ghouls and goblins.

I am pleased to share that the Board of Directors met in Martensville earlier this month to review our Strategic Plan for the remainder of 2013 and onto 2014 as well as discuss upcoming joint conference plans, receive updates from the second year Food and Nutrition Management program student representatives and put plans in place for our Fall Potluck Social.

Speaking of our Fall Potluck Social, if you haven't already accepted the invitation, I would encourage you to take the opportunity to attend this event to network with your fellow colleagues, students and vendors in a casual environment. Details were set out to all members via email and are posted on our website as well as Facebook. If you have any questions, please reach out to Stacey Rowe, Conference Chairperson at [conference@ssnm.ca](mailto:conference@ssnm.ca). This event is being hosted at Carleton Towers in Saskatoon on November 13, 2013 at 7:00pm.

Mark your calendar for May 8-9, 2014 for the CSNM / SSNM Conference being hosted in Regina, Saskatchewan. Two half-price conference registrations will be drawn for at the Potluck Social in November.

I have been working on updating the Book of Directives and expect to have them posted electronically for the Board of Directors by year-end. Thank you to the resources that I have called upon for clarification and for those that have assisted in providing their respective portfolio pieces.

If you have any questions, suggestions or concerns regarding SSNM please do not hesitate to reach out to me.

Leanne Kolbe

SSNM President



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### Special points of interest:

- Board of Directors Meeting
- SSNM Fall Potluck Social
- FNM students are back in full swing

## Second Year FNM Rep Update Submitted by Jayci Merkosky

Second year started off really quick and it was difficult for our class to get in the swing of things, but we all had a great summer. Last year flew by and we are sure this year will too! The Food and Nutrition Management program has done a great job of reaching out to those who may not be getting their nutritional needs, this includes Link and CHEP. Link is something new to the program this year that will take place in our Advanced Nutrition class. This is where we are going to be spending time with international students who are at level 2 for English out of 8 levels to be accepted into SIAST. We will be teaching them Canada's Food Guide, how to shop in Canadian grocery store, read food labels and take them into Le Bistro when our class is running it for Coffee Shop. It is going to be a great experience for them and us. On October 10<sup>th</sup> the FNM students are running a CHEP breakfast, where we will be preparing a breakfast for students and staff in the Kelsey Cafeteria. This breakfast doesn't have a price, you are just asked to leave a donation. Our class is looking forward to this.

This year the FNM program has new instructors that are just as eager as we are to begin our new level of learning. The program has gone through some changes to accommodate student's busy school life, which will help assist the students in being more comfortable where they will be able to excel and advance in FNM. We are nervous for our up and coming busy year but we are looking forward to graduating!

### Welcome Food & Nutrition Management Students from the SIAST LIAISON

On behalf of the entire SSNM Board of Directors I would like to extend a sincere welcome to the new first year SIAST Food and Nutrition Management students! As well we would like to extend a big welcome back to the second year students!

Congratulations on investing in your future! You have chosen to get an education in program that will open many doors for you! The world of Food and Nutrition Management is constantly changing and evolving. There has been no more exciting time than today to begin a career in this field! I look forward to speaking with each of you over the upcoming year. As Liaison between SIAST and the SSNM Board, I hope to be a connection with you to our Society which is a network of professionals working in across our province. As well I will represent our Board of Directors on the SIAST Advisory Committee for the Food and Nutrition Management program.

Again, welcome to fall classes and I wish you all the best in your studies this year!

Ellen Griffiths

[SiaSt.liaison@ssnm.ca](mailto:SiaSt.liaison@ssnm.ca)



**Welcome  
Back  
SIAST  
Food &  
Nutrition  
Management  
Students!**

# SSNM POTLUCK SOCIAL



*Please bring an appetizer or dessert to share!*  
RSVP to STACEY at [conference@ssnm.ca](mailto:conference@ssnm.ca)



- Before all the hustle and bustle of the holiday season the SSNM Board of Directors would love to provide our SSNM members, subscribers, sponsors and students an opportunity to network with one another. What better way to do this than to have a potluck appetizer and dessert night!
- Door Prize give-a-way of (2) half price registration fees for the upcoming CSNM/SSNM Conference in Regina, SK May 2014 for active members, subscribers and students. Must be in attendance to win!

**November 13, 2013 7:00-10:00pm**

Carleton Towers (basement)

325-5<sup>th</sup> Avenue North Saskatoon, SK



**SSNM**

SASKATCHEWAN SOCIETY OF NUTRITION  
MANAGEMENT  
| [info@ssnm.ca](mailto:info@ssnm.ca) |

## Healthy Fats:

Submitted by Vinoth Ramanaathan / SSNM Continuing Education Chairperson

Fats is not always a bad thing; there are healthy fats which are good for the body. Lets take a peak at different fats, recommended servings per day and benefits of good fat .

Recommended Servings per day

3-9 Servings per day

### Different types of healthy fats and oils

Fats and oils are made up of basic units called fatty acids. Each type of fat or oil is a mixture of different fatty acids.

Monounsaturated Fatty acids are found mainly in vegetable oils, nuts, seeds, olives and avocados. They are liquid at room temperature.

Polyunsaturated Fatty Acids are found mainly in vegetable oils, fish, and seafood. They are liquid or soft at room temperature. Omega 3 and Omega 6 fatty acids are type of Polyunsaturated fatty acids and are considered essential fatty acids because our body cannot make them ,they must be obtained through the diet

Saturated Fatty Acids are usually solid at room temperature and are found mainly in foods from animal source like meat and dairy products like butter and cheese. Some vegetable oil such as coconut, palm kernel and palm oil also contain saturated fat.

Trans Fatty Acids are liquid vegetable oils that have been chemically processed to become semi-solid at room temperature through the addition of hydrogen atoms. Trans fatty acids are also called partially hydrogenated oils and they are used in some margarine ,fried foods and processed food.

### Benefits of Healthy fats

Healthy fats provide antioxidants such as vitamin E and Selenium.

Small amount of healthy fats help the body absorb vital nutrients including fat soluble vitamins (A,E,D,E,K) from other whole foods.

Including healthy fatty acids in your diet in appropriate quantities can help prevent and treat diabetes, heart disease, cancer, obesity, musculoskeletal pain and inflammatory conditions.

Some research suggests that diets including healthy fats can have a beneficial effect on cholesterol, blood pressure, blood clotting and inflammation.

Omega 3 fatty acids are necessary for proper brain growth and development .They are anti-inflammatory.

Reference:

Extracted from

[www.med.umich.edu/umim/food-pyramid/fats.htm](http://www.med.umich.edu/umim/food-pyramid/fats.htm)

## Different Religion – Different Diet Practices

Submitted by Vinoth Ramanaathan / SSNM

Continuing Education Chairperson

### Judaism (Kosher)

Jewish dietary laws are known as Kashrut and are among the most complex of all religious food practices. The term Kosher means fit and describes all foods that are permitted for consumption.

A Kosher kitchen is divided into separate sections one for dairy and one for meat. Different sets of utensils, pots, pans, plates, knives, chopping boards are used in each sections of a kosher kitchen. Many Jewish people practice some or all of these restrictions in various degree.

- ◆ No Pork and Shellfish
- ◆ Fish is acceptable as long as it has fins and scales
- ◆ All animals with split hooves and which chew the cud
- ◆ Refrain from eating meat and dairy products at the same meal
- ◆ No wine unless its kosher wine
- ◆ All meat has to be prepared by qualified Kosher Butcher
- ◆ If meat was eaten at meal one must wait six hours before consuming any dairy products

### Muslim

This religion has various food restrictions according to their own dietary laws which are Halaal. During the holy month of Ramadan, Muslims are not allowed to eat from dawn to sunset. However young children, pregnant women and the sick are often exempted.

- ◆ Carnivorous animals are not permitted
- ◆ All pork and pork products are totally forbidden
- ◆ Sea animals which do not have fins or scales are considered undesirable by some Muslims
- ◆ Alcohol in any form is not permitted
- ◆ Permissible meat other than pork can be eaten only if its prepared Halaal way.
- ◆ Lard, Gelatin, whey, vanilla extract should be avoided
- ◆ Utensils should be separate for Muslims.
- ◆ There should be no contamination of Halaal and Non Halaal.

### Hindu

Most Hindus do not eat meat and none eat beef since cow is sacred to them

### Buddhist

Strict Buddhists are vegetarians and their dishes vary since many are from different origin like India, China and Nepal.

Reference : Extracted from <http://www.universityevents.harvard.edu/sites/universityevents.harvard.edu/files/FOOD%20RESTRICTIONS%20AND%20ALLERGIES.pdf>

## 2013-2014 Board of Directors

President: Leanne Kolbe

Past President: Vacant

President Elect: Vacant

SIASST Liaison: Ellen Griffiths

Secretary/Membership: Laurette St. Jacques

Conference: Stacey Rowe

Treasurer: Karen Kwan

Communications: Vacant

Continuing Education: Vinoth Raamathan

Student Reps: Jayci Merkosky & Theresa Bernhardt



Tennille Corbett has resigned as Past-President; the Board is now operating with three vacant positions.

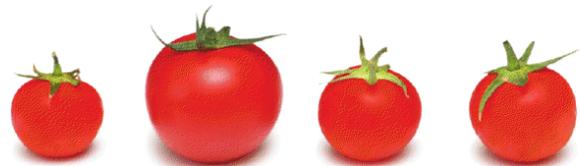
If you are interested in assisting on a committee, or perhaps taking on a board position, please reach out to any of the board members or send an email to [info@ssnm.ca](mailto:info@ssnm.ca).

## VACANT POSITION

### President-Elect

As President Elect, you will become familiar with the role of President and the business of the SSNM. You will assist other committee members to become familiar with the roles each play on the Board. You will become knowledgeable of the SSNM Bylaws and Book of Directives and serve as an ad-hoc member on all committees.

If you are interested in more information please send an email to



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