



President's Corner

Elaine Wallace, RD, LD, CDE

Since our last Chapter meeting in May, I have thought of many activities for the Austin Dietetic Association. AustinDA leadership has met many times this summer discussing member interest, strategic plan, community concerns, American Dietetic and Texas Dietetic Association initiatives. An important aspect for AustinDA leadership was the annual crossover meeting. During these meetings AustinDA started working to address our strategic plan, using the results from the recent membership survey in the strategic plan process. Although planning is a lot of work, our leaders shared their usual enthusiasm and excitement about projects and plans for AustinDA to continue its mission of leading the future of dietetics in Austin.

The membership survey at the end of last year revealed interesting information about our membership. Out of the ~ 145 member survey, one-third completed and returned the survey. This is the first AustinDA membership survey that was delivered electronically and the largest number of returned surveys yet. The million-dollar question, 'Why do you attend AustinDA membership meetings?', revealed members value CEUs networking and sharing of current, up-to-date nutrition issues.

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Exciting News!!—We have a new website!

Pooneh Jahadi-Yazdi, PhD, RD, LD and Diana Wilson have done a fantastic job creating a user-friendly and informative website for Austin Dietetic Association members as well as the public to pursue. Please check it on a regular basis for the information will be updated weekly.

<http://www.eatrightaustin.org>

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- *New Website, Members Only Section*
- "Let Us Introduce"—Elaine Wallace
- *New Board Members/ Organization Chart*
- *Austin's Student Body*
- *What Drew You To Dietetics?*
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Let Us Introduce.....Elaine Wallace, RD, LD, CDE

Born and raised in southwest Alabama, Elaine Daniel Wallace moved to north Texas in 1986 with her husband and two sons. Prior to her move to Dallas area, she lived in Huntsville, Alabama where she met her husband of now 30 years, and southern Tennessee where her oldest son was born. She graduated from The University of Texas Southwestern Medical Center (Dallas, Texas), School of Allied Health with a degree in Clinical Nutrition in 1996. She began her career working as an outpatient dietitian for the North Texas VA Healthcare System. After 4 years she passed the certification exam to be recognized as a Certified Diabetes Educator and moved into private practice, working not only with individuals as a provider for BCBS, self-pay and Medicare provider; she designed and implemented a diabetes education program for a RD network. Thinking she missed the clinical environment she signed on as a part-time clinical RD with a small rural SNS/Rehab hospital while continuing in private practice. 2004 brought a change to her husband's career and she returned to the outpatient setting to deliver diabetes self-management training and MNT to a variety of populations within the Baylor Healthcare System.



Following her husband to Austin on 2006, Elaine contributed to the development of a new telephonic coaching program focusing on the diabetes and cardiovascular population and currently works PRN for the Heart Hospital Austin. In 2007, Elaine joined the Austin Dietetic Association as a member of the Nominating Committee and served as President-Elect last year. She also serves on the board of directors for the Blue Bonnet Chapter of the American Association of Diabetes Educators in Austin, has been an auditor for the American Diabetes Association for several years. Elaine also has strong interest in several areas of dietetics as demonstrated by her membership in the following Dietetic Practice Groups: DCE, FCP, HEN, DBC, NE and her support of food/dietetics/nutrition issues.

When not working on professional issues, Elaine can be found traveling, visiting with family and friends and enjoying her hill country view in south Austin.

Thanks Elaine for sharing your story!

Foodie Topics, Counseling Techniques, Food Allergies, and Functional Foods ranked the highest among ten Spring Wellness Symposium topics, with four members volunteering to serve on the Wellness Symposium planning committee. With 46% of responders selecting 2 or more events; this is clear mandate the AustinDA members want to be engaged. The survey also clearly indicated that members feel AustinDA is having a positive influence on members.

At the end of each meeting, leaders were excited about new plans and strategies to involve more members and continue to make others aware of AustinDA and its activities. In keeping with our Strategic Goals, it was also felt the AustinDA needs to continue to reach out, spread the word, and raise our visibility to health care providers and other organizations. AustinDA leaders recognize that our Chapter is a membership organization and members are the heart and soul of what we do. We also recognize that the Chapter needs to change and grow to meet the needs of members and thus this is why planning is necessary.

With the survey results in mind, Kim Granato, President-Elect, has been busy contacting speakers and developing the monthly calendar. Our first meeting is September 15 with Mary Kimbrough of Culinary Nutrition Associates. She will be addressing counseling approaches: counseling the educated consumer and counseling away misinformation. Kim has other topics planned so please check the website calendar often. Our Communications Team, PJ Yazdi, Chair, Diana Wilson, Karin Salinas, and Megan Conrad have been very busy this summer developing and constructing a new website to meet the needs of our new membership. EatrightAustin.org will be our new online home. Lea Gebhardt, Chair of Community Development, will be focusing on our Spring Wellness Symposium soon. Please let Lea know what you are willing to do to bring this February event to life. Our Membership Committee, led by Candice Ware, is listening and planning some wonderful events to bring us together. I sincerely find strength when I am with other RDs wanting to grow. As President, I would like to see visibility of AustinDA's members raised, our organization strengthened and positioned for the future. With the vision of AustinDA leadership and your support I am confident we will accomplish more this year. I look forward to our new year and welcome you to embrace your profession with AustinDA members. We have an exciting year ahead locally as well as nationally.

On a personal note, it is an honor to serve as AustinDA President. I extend special thanks to immediate Past President, Tarie Beldin for her support over the past year. I also wish to welcome Kim Granato, President-Elect. It is a privilege for us to serve as part of the AustinDA leadership team and we look forward to a wonderful year of growth.

Elaine Wallace, RD, LD, CDE

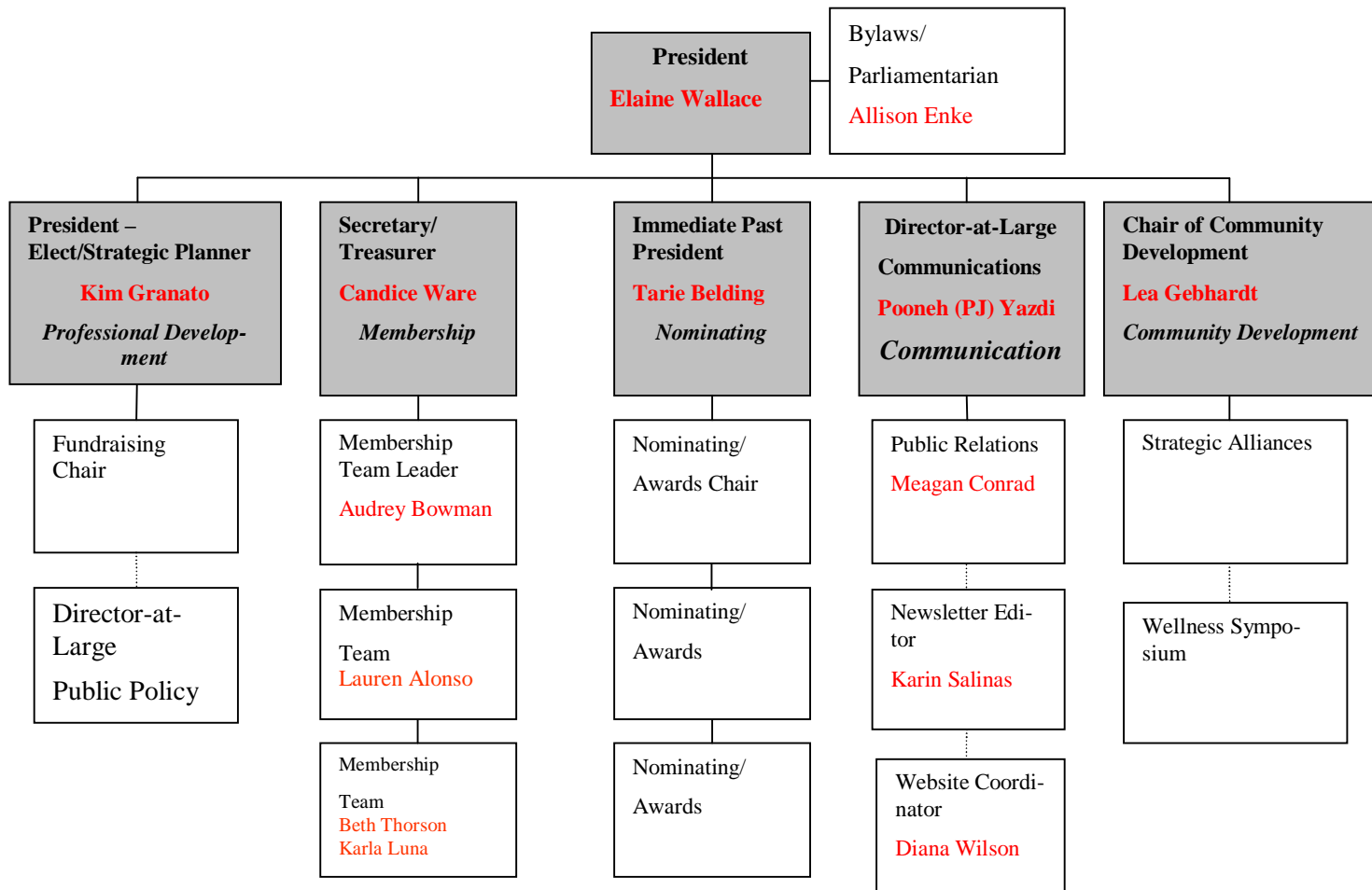
Career Opportunities

There is a great resource of job opportunities listed on the Austin Dietetic Association website. Visit <http://www.eatrightaustin.org/membersonly/jobpostings.html>

Don't forget networking at the Austin Dietetic Association Meetings.....introduce yourself to someone new next meeting.



Austin Dietetic Association Organization Chart 2009/10



Miscellaneous

Karin Salinas will continue coordinating the newsletter for the 2009-2010 year. You may contact her by email at ke.salinas@gmail.com

All comments on the newsletter welcome! We are always open to information you would like to read/include in the newsletter, so please don't hesitate to voice your ideas. ****If you have a meeting that you would like to have added to our newsletter regularly, please contact Karin Salinas ke.salinas@gmail.com

The next **newsletter deadline will be Sept 30** for the October newsletter. Thank you in advance for your contributions!

CEUs/ Meetings

Sweet Success 2009: Diabetes & Pregnancy –Strategies for Success—November 5-7, 2009—Garden Grove/Anaheim, California

More information..... <http://www.proedcenter.com>

Alzheimer’s, Memory, & Dementia—Austin, Texas—September 4, 2009

Tyler, Texas on September 10, 2009

More information..... 877-246-6336 or 925-609-2820

North Texas Society for Parental & Enteral Nutrition

NTSPEN 2009 Symposium—October 2-3, 2009—Frisco, Texas

More information.....<http://www.nutritionpro.org/NTSPEN-2009.pdf> or mailto:LisaReed@baylorhealth.edu

Pediatric and Neonatal Dietitians of Austin (PANDA)

Fall 2009 Meeting—“New WIC Food Packages” Wednesday, November 11, 2009—4-6pm

Seton Administrative Office Building 1345 Philomena Street (In the St. Vincent de Paul East Auditorium)

For more information, contact Yvonne Martinez at Yvonne.Martinez@ci.austin.tx.us or (512) 972-6847

AADE Bluebonnet Meeting

September 28, 2009 6pm “New Concepts: Perspectives in the Business of Diabetes”

St. David’s North Austin Medical Center, classroom 2C

RSVP to chanesrd@hotmail.com

Swine Flu / Viral Epidemics—Austin, Texas— November 5, 2009

Houston, Texas—October 8, 2009; Dallas, Texas November 6, 2009

Presented by Insitute for Natural Resources

More information.....1-800-937-6878

Lillian Fountain Smith Conference for Nutrition Educators—Fort Collins, Colorado—October 17, 2009

Colorado State University

Navigating the Fish Paradox: Human Health, Safety, and Sustainability

More information.....970-491-7435 or email blue@cahs.colostate.edu

MindSet —A New Strategy For Health Behavior Change —Wednesday, September 9, 2009 1:00 - 2:15 pm EDT

Free Continuing Professional Education Webinar for Nursing and Dietetic Professionals

Sponsored by The Beverage Institute For Health and Wellness

To register, visit: <http://www.thebeverageinstitute.org/webinar/>

2009 International Conference on Aging in the Americas - Key Issues in Hispanic Health and Health Care Policy Research

Sept 15-17, 2009....more information at <http://www.utexas.edu/lbj/caa/index.php>

Call For Nominations—TDA Awards

The Texas Dietetic Association welcomes nominations for the 2010 Awards. The TDA awards provide an excellent opportunity to recognize, reward and showcase those individuals who make an outstanding contribution to the dietetics profession, your district and the state association. Please do not miss the opportunity to nominate those who are deserving of a professional recognition. This year we are excited to announce a new award for Outstanding Nutrition Education, recognizing a registered dietitian who has made a major contribution to nutrition education of the public and/or health professionals.

Information about each award can be found at <http://www.eatrighttexas.org> under Awards in the "Members Only" section. Award nominees may be submitted directly to the TDA Awards Committee by anyone or may be submitted through a district dietetic association awards committee. Districts may have more than one nominee for each award.

Please submit an original and eight (8) copies of the entire completed awards nomination packet via mail with a postmark no later than Monday, November 2, 2009 to:

Awards Committee Coordinator
TDA Headquarters
4230 LBJ Freeway, Suite 414
Dallas, TX 75244

Follow this brief checklist for each award nomination packet:

- Review the eligibility requirements for the award.
- Use the selection-scoring breakdown to compile the packet. This can also help those writing letters of recommendation.
- Review the packet submission requirements for maximum number of pages.
- All forms must be typed.
- Districts must send all of nominations in one packet to TDA management office.
- Submit by or before the date deadline.

Texas Dietetic Association Awards:	Texas Distinguished Scientist Award
Bluebonnet Award	TDA Media Award
Outstanding Nutrition Education Award (NEW AWARD)	TDA / ADA Affiliate Awards*
Recognized Young Dietitian of the Year (RYDY)	Recognized Dietetic Technician of the Year (RDTY)
Emerging Dietetic Leader	Outstanding Dietetics Educator
Outstanding Dietetics Student	Texas Distinguished Dietitian Award

These awards* are part of the ADA's Affiliate awards. The winners for the TDA awards will be submitted as candidates for the corresponding American Dietetic Association (ADA) awards following ADA deadlines. The ADA forms (available on the TDA Website and ADA Website) will be used for your submissions to TDA in order to comply with ADA's specific guidelines. Make sure to follow the all the ADA requirements for these awards. Note that in the ADA forms, the term "affiliate" refers to TDA. All award nominations deadline remain November 2nd regardless of the ADA deadlines. All nomination packets must be typed to be considered.

If you have any questions about the awards process, please feel free to contact me.

Carmen R. Roman-Shriver, PhD, RD, LD
TDA Awards Coordinator
Phone: (956) 717-5178
Email: romanshrivec@uthscsa.edu

Austin's "Student Body"—Kimberly Granato, RD,LD

School has begun. What does this mean? It means that parents are busy with the growing demands of getting two or three kids off to their respective schools. It means students are getting busy again with a growing list of after school activities including sports, band, karate and more. It means that teachers are getting in early and staying late to meet the growing demands of preparing today's youth for tomorrow's challenges. Notice a common theme? Everything is growing. And that includes us.

On August 5, 2009 I had the distinct pleasure of speaking to some 400 high school teachers at the Family and Consumer Sciences Teachers Association of Texas Conference in Dallas, TX. The presentation, *The Growing Student Body*, addressed the challenges that our students and community face in everyday life which are contributing to epidemic levels of obesity, diabetes in kids and heart disease. The goal of the presentation was threefold. The first goal was to give teachers resources, especially free resources that can be used to build curriculums that instill in students approaches to healthy meal planning. Second, the toolkits emphasized real food and snack and meal planning for busy lives. Lastly, and most importantly, a challenge was presented to the teachers to lead by example. How many of us have had that moment where we say to ourselves, "Lord help me, I'm becoming my mother!" Kids learn what we do whether we like it or not. Teachers were encouraged to reach out to local resources such as their local dietetic association.

"Family, Career and Community Leaders of America (FCCLA) is a nonprofit national career and technical student organization for young men and women in family and consumer sciences education in public schools, grades 7-12" (citation). Many of the teachers that attended this conference are part of this organization. FCCLA has a program called "The Student Body" which is a national peer education program for health and fitness. As dietitians we have an opportunity to play a key role in helping students in our community win national scholarships with this program as well as develop skills and attitudes that will set them up for a healthy future. So now my challenge to the dietitians – let us be leaders in our community. If you would like to help a local high school develop a program to implement in their school and possibly submit for a scholarship competition, please feel free to contact myself or Sharon Pierce, FCCLA State Advisor at (512) 306-0099 or visit the FCCLA website (<http://www.fcclainc.org/content/student-body/>).

Chef Kimberly Granato, RD, LD

TasteMasters

(512) 736-6427

kgranato@aol.com

Austin Dietetic Association 2009-2010 Membership Application

Directory Information

☐ Returning Member

☐ New Member

RD, LD, BS, MA, MS, MPH,

Name _____ PhD, FADA, EdD, CNSD, CDE

Home Address _____

Street, City, Zip _____

Phone (home) _____

Phone (cell) _____

E-mail Address _____

Employer _____

Job Title _____

Phone (work) _____

Primary Area of Practice _____

ADA# _____ LD# _____

(these numbers will not be published)

Please see reverse side for dues information.

Membership Category (see reverse) _____ Amount \$ _____

LATE FEE (Additional \$7.50 for dues postmarked after first Sept. meeting) _____ Amount \$ _____

Fund Contribution(s) (see reverse) _____ Amount \$ _____

Total Amount Enclosed Amount \$ _____

Make checks payable to *The Austin Dietetic Association* and mail to:

The Austin Dietetic Association

Attention: Secretary/ Treasurer

PO Box 4632

Austin, Texas 78765-4632

CATEGORIES OF MEMBERSHIP

<p>\$22.50 (postmarked on or before first Sept. meeting of the year)</p> <p>\$30.00 (postmarked after first Sept. meeting of the year)</p>	<p>Active (Eligible to vote)</p>	<p><i>Paid member of ADA and an individual holding a baccalaureate degree from a regionally accredited college or university, and one or more of the following criteria:</i></p> <ul style="list-style-type: none"> • A Registered Dietitian credentialed by the Commission on Dietetic Registration, • Has completed an academic and/or supervised practice program accredited by the Commission on Accreditation for Dietetics Education; <p style="text-align: center;">or</p> <p>Paid member of ADA and an individual holding a master's or doctoral degree, and a degree (baccalaureate, master's, doctoral) in one of the following areas: dietetics, foods and nutrition, nutrition, community/public health nutrition, food science, or food service systems management;</p> <p style="text-align: center;">or</p> <p>Paid member of ADA and an individual meeting one or more of the following criteria:</p> <ul style="list-style-type: none"> • A Dietetic Technician, Registered credentialed by the CDR or has established eligibility to take the examination for dietetic technicians, • Has completed a CADE approved associate degree program for dietetic technicians, • Holds a baccalaureate degree and meets the academic requirements specified by CADE, and has completed a CADE accredited/approved dietetic technician program experience.
<p>\$0</p>	<p>Retired TDA (Eligible to vote if active member prior to retiring)</p>	<p>Paid member of ADA and member of the Texas Dietetic Association that is no longer employed or actively engaged in dietetic practice or education and is at least sixty-two (62) years of age; or is retired on total (permanent) disability.</p>
<p>\$12.50</p>	<p>Student (Not eligible to vote)</p>	<p>Paid student member of ADA and student member of the Texas Dietetic Association.</p> <p>A student enrolled in a CADE accredited/approved program;</p> <p style="text-align: center;">or</p> <p>A student in a regionally accredited college or university who state his/her intent to enter a CADE accredited/approved program;</p> <p style="text-align: center;">or</p> <p>Active members returning to school on a full-time basis for a baccalaureate or graduate degree in a dietetic related course of study.</p>
<p>\$32.50</p>	<p>Honorary (Not eligible to vote)</p>	<p>Paid member of ADA and an individual who has made notable contributions to the field of nutrition and dietetics; may be admitted to the Association as an Honorary member upon invitation of the Board of Directors.</p>
<p>\$32.50</p>	<p>International (Not eligible to vote)</p>	<p>Paid member of ADA and an individual who has completed formal training in food, nutrition or dietetics received outside the United States and US Territories verified by the country's professional dietetics association and /or country's regulatory body.</p>

FUND CONTRIBUTION(S):

_____ **Texas Dietetic Association Political Action Committee (TDA PAC)** – these funds are

used to support TDA in maintaining and promoting our positions in the legislative system, for travel of expert witnesses (RD's) giving testimony, and for legislative related copying and mailing. NOTE, this check should be made out to TDA PAC.

_____ **Austin Dietetic Association Scholarship Fund** – A \$500 scholarship given each year to a student enrolled in the UT Coordinated Program in Dietetics or Texas State at San Marcos Dietetic Internship program.

_____ **Texas Dietetic Association Foundation (TDAF)** – Money donated to the TDAF is used for scholarships given by TDAF to selected Texas dietetics students each year. NOTE, this is a tax deductible contribution if the check is written separately to TDAF.

TDA Recommended Nominations for 2010-2011 TDA Offices

TEXAS DIETETIC ASSOCIATION RECOMMENDED NOMINATIONS FOR 2010-2011 TDA OFFICES

NOMINATIONS MUST BE RECEIVED no later than September 17, 2009

Please review the qualifications for each office and submit the requested information for those individuals you would like to nominate.

Note: ***Recommended nominees need not be from your own district.***

Print or type the name, address, phone numbers (home and business), email and district of recommended nominees for office in the space below. It is **very important** that you provide the correct name and contact information for any nominees submitted.

President-Elect

Name	Address	Phone Numbers/Email	District
_____	_____	_____	_____
_____	_____	_____	_____

Director-At-Large Communications

Name	Address	Phone Numbers/Email	District
_____	_____	_____	_____
_____	_____	_____	_____

Director-At-Large District Presidents Council

Name	Address	Phone Numbers/Email	District
_____	_____	_____	_____
_____	_____	_____	_____

Nominating Committee (3 positions to be elected)

Name	Address	Phone Numbers/Email	District
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

-----ADA Delegate

Name	Address	Phone Numbers/Email	District
_____	_____	_____	_____
_____	_____	_____	_____

___ * I am interested in running for the following TDA office, if I meet the qualifications. _____ office

___ * I would like to consider running for a TDA office, but would like further information.

* Name _____ District _____

Contact me at this number and/or email address _____

Please return this form via email to:

tda@nutrition4texas.org

Nominating/Awards Committee Chair

Have You Thought About ADA FNCE 2009? Texans Wanted In Denver!

How Many Texans Can FIT Around a Table?

Texas will host a table at the ADA Foundation Gala event that will be held at ADA FNCE. All TDA members who are attending this gala event are welcome to sit together at the Texas table. Wouldn't it be great for Texas ADA members to sit together! Each person will be responsible to purchase their own ticket. If you will be attending ADA FNCE in October, 2009 and would like to join other Texas members at the Texas Gala Table, please drop a quick and simple email to Elaine Wallace, pcs1900@earthlink.net with your name **no later than Monday, September 14**. Your name will be forwarded to the coordinator.

AuDA Member Highlight—Ashley Colpaart

Ashley M. Colpaart, previous Legislative Chair of the Austin Dietetic Association and now student at the Friedman School of Nutrition Science and Policy, received the Presidential Award 2009.

Last month Tufts President Lawrence S. Bacow recognized 13 graduating Tufts students with the Presidential Award for Citizenship and Public Service. Now in its 11th year, the award representing outstanding civic achievement was given to six undergraduate and seven graduate students.

Bacow praised the recipients, saying that "This year's winners exemplify the many ways in which our students make a difference beyond the university--literally around the world. Their generosity of spirit and commitment to others are models for all of us."

The Presidential Award was established in 1999 by then President John DiBiaggio. All Tufts students are eligible for nomination.

Colpaart serves nationally as Policy Chair and Steering Committee member for the Hunger and Environmental Nutrition Dietetic Practice Group of the American Dietetic Association (ADA). As a writer with a public citizenship focus, Ashley keeps a much-liked blog called "Epicurean Ideal" and is also a much-trusted and highly-valued writer for Tufts Professor Wilde's blog on "U.S. Food Policy." Colpaart's blogs are notable for their substance and facts, presented with a distinctive passion. Her posts on food policy have several times received links from larger national web media sites, including leading national economics and sustainable agriculture blogs. Colpaart is also the communication chair for Slow Foods Tufts Chapter. She is a panel chair for the Friedman School's student-organized annual research conference, which is a remarkably professional venue for student research each Spring.

<http://activecitizen.tufts.edu/?pid=751>

Congratulations Ashley!

New AuDA Website—With Members Only Section

The 2009-2010 Membership year is approaching quickly. The membership form is attached in this newsletter (page 8). Please note that the cost of membership will be increasing after the first member meeting on September 15. Since AuDA website has a “members only” section, now is a better time than ever to become an AuDA member!

Here are a few reasons being a member is beneficial.....

- Access to online job and volunteer postings
- Networking and FUN with members of your profession
- Good (FREE) food provided at meetings
- Easy Continuing Education Opportunities
- Monthly newsletters with interesting dietetics related articles
- Weekly e-mail updates letting you know what is going on in the community
- Advocacy and wellness
- Up-to-date nutrition information
- Social time with FRIENDS you only see at Austin DA meetings

www.eatrightaustin.org

What Drew You To Dietetics?—Elaine Wallace, RD,LD, CDE

What drew you to dietetics? Do you have any thoughts or experiences you are share? Tell your colleagues what drew you to dietetics. Was it a relative, a summer camp experience, your strong love of food or just the hard science of it? We invite you to share your thoughts and experiences that drew you to dietetics. Remember, we don't succeed in anything unless we have fun doing it. Your response will appear in future newsletters. Please send responses to Ke.salinas@gmail.com

This is one of my favorite questions because 1) it has been a life-long observation that links me back to the core of our being (remember our May '09 meeting) and 2) this was basically the topic of my nutrition program admission essay. Periodically, I reflect on why I am still involved with nutrition, but that is another interview topic.

I became interested in nutrition as a questioning curiosity. Back in the 1970's dietetics did not have the same image and reputation it does today. So my questioning curiosity evolved over a few decades so in the mid-1990's I decided I would seek my answers in the field of Nutrition, specifically Clinical Nutrition.

In the late 1970's when my first child was born very little solid information was available to young mothers. From my first encounter with the La Leche League in rural Tennessee to witnessing the daily dichotomy of human behavior and diabetes self-care – a dichotomy that puzzled me greatly. Why were family members with diabetes on a daily bases doing the opposite of what the medical community advised? Why did they go the doctor, pay the money and not do what was advised? My father took care of his automobiles and farm equipment; why was this any different? If this was so simple, why were people not practicing self-care? I knew I did not have sufficient knowledge to trust what I read in the popular press.

I choose Clinical Nutrition because I felt it was of significant importance to my appreciation of this body of information and for me to understand and experience the clinical aspects so I would be a better nutrition advocate and communicator. This lead me to a question that still guides my philosophy and practice – “Why would anyone sign up to have their limbs amputated ? If they knew it was within their power and they had the knowledge and tools to prevent the complications of this horrible disease; surely, wouldn't they change their behavior?”

Science and the human behavior drew me to the field of dietetics. I find it all so wonderful because people and ideas are involved and our connection with one another is a blessing.

Elaine Wallace, RD, LD, CDE

SEPTEMBER 2009 NEWSLETTER

Austin Dietetic Association
PO Box 4632
Austin, TX 78765-4632

Mission: The mission of Austin Dietetic Association is to promote optimal nutrition and well-being for all people by advocating for its members.

Vision: Austin Dietetic Association members are the leading source of food and nutrition services.

We're on the Web!

www.eatrightaustin.org

UPCOMING AUSTIN DA MEETINGS: Mark those calendars!

Don't forget.....Membership Kick-off MeetingSeptember 15, 2009

Speaker: Mary Kimbrough, Culinary Nutrition Associates

Topic: Food Routes To Nutrition Messaging: Building the case for food knowledge and cooking skills in delivering the nutrition message

Time: 5:30pm

Location: Texas Beef Council, 8708 N FM 620 Austin, TX 78726

October meeting: October 19, 2009

Speaker: Linda T Farr, RD, LD—House of Delegates

Topic: House of Delegates Report and ADA Major Issues and Initiatives

Time: 5:30 pm

Location: Seton, McFadden Auditorium , 1204 W. 38th Street Austin, TX 78705

For future planning, please visit our website events calendar.....

<http://www.eatrightaustin.org/eventcalendar.html>

Anatomy and Physiology in 1930

I want to share a few interesting excerpts from *A Text-Book of Anatomy and Physiology* published in 1930.....this was my grandfather's text book while studying to be a mortician. Karin Salinas, RD, LD

“The intake of food-stuffs may exceed the energy needs of the individual and the margin is stored as fat. This is true for carbohydrates and proteins as well as fats, since the body can form fat from the first two. This storage of fat may be so increased that the different fat storehouses are greatly overfilled, a condition known as obesity. In some persons this retention of fat occurs even on a greatly reduced diet, indicating either a high efficiency in utilization of food materials or possibly a disturbance of metabolism due to disordered secretions of endocrine organs. In most persons, however, an increased expenditure of energy through physical activity and a decreased supply of energy foods through a restricted diet will result in oxidation of the deposited fat.”

“Appetite is closely associated with the senses of taste and smell, with the appearance of food, and with gastric component that is somewhat variable. Technically it may be considered as a pleasurable mental state arising in excitation of the senses of taste and smell.”

“Vitamins—Metabolic activity as indicated in growth and normal function is dependent upon certain substances called vitamins. They have been classified in five groups—A, B, C, D, and E. Doubtless there are others or subdivisions of these to be isolated. Numerous experiments have demonstrated that vitamins were absolutely essential for normal growth.”