

# MSDO

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If you're interested in writing  
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## Food for Thought

By: Aneta Reska

What do beets, onions, and carbohydrates have in common? They have been found to be associated with preventing memory loss, improved cognitive function, and general brain functioning. Read on for some foods to include in your diet to feed your brain!

**BEETS:** Nitrates in beets may prevent memory loss by protecting arteries. They may also increase blood flow to the brain, providing it with the much needed oxygen and nutrients. Other foods rich in nitrates include cabbage, celery, and spinach.

**BLUEBERRIES:** This low-calorie "super fruit" have been found to improve neurological functions, including learning ability and memory, since WWII. They are also low-calorie, rich in fiber, vitamin K, and antioxidants such as manganese & vitamin C.

**CARBOHYDRATES:** Glucose is the main energy source for the brain, so think twice before ruling them out as "brain food". Opt for whole-grain sources for a healthier choice.

**ONION:** Who knew this tear-inducing vegetable has so many memory-boosting properties? Antioxidants in lightly cooked onion may help to eliminate brain toxins, contributing to improved recall abilities. Garlic and leek are known to have similar properties.

**VITAMIN B12:** This vitamin deficiency may lead to reduced brain volumes and lower scores on cognitive tests. Thus, meeting the requirements for vitamin B12 could directly improve cognitive function and prevent brain atrophy.

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## DI'S, OH MY!

Application season is in full swing for those applying to dietetic internships for the spring match. Hopefully, you've been able to compile and compose the majority of your application materials over winter break, leaving the final touches and edits for now. It is important to have another set of eyes proofread your work and give you feedback, but it can sometimes be a challenge to find a person you can trust to give you objective feedback. I suggest using some of the free resources on campus and online that provide resume and application reviews, as well as interview preparation.

The Center for Career Services & Cooperative Extension provides those services free of charge (thank goodness because we'll need that extra money for application fees!) Make an appointment or stop by during drop-in hours to have your resume or personal statement reviewed by a career counselor. I suggest that you bring a few copies of your resume, personal statement, the prompt for the personal statement, and specific questions for the reviewer. The drop-in sessions are 10 minutes long and are great for quick questions and reviews. If you think you might need a comprehensive review, call and schedule a 50 minute session. For drop-in hours or more information visit: [www.montclair.edu/CareerServices/studentervices/studentervices/careercounseling.html](http://www.montclair.edu/CareerServices/studentervices/studentervices/careercounseling.html).

For more specific dietetic internship application process questions, check out All Access Internships. It is the only online site that is geared toward dietetic internship applicants! The site provides a free guide to getting matched (an MSU alum is featured in it! Woo hoo!), free webinars about writing personal statements, applying through DICAS, and more! This site is the go-to for all things dietetic internship application related.

Remember that luck favors those who prepare—Take advantage of these resources and do everything you can to prepare a match-worthy application! Good luck :)

By: Samantha Iovino

### References:

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