

METABOLIC KITCHEN NEWSLETTER

Oct/Nov/Dec/Jan 2014/2015

"Find something you're passionate about and keep tremendously interested in it." – Julia Child



BIRTHDAYS!

Oct: ---

Nov: Amber, Cheng

Dec: Annie, Guoxia, Maya

Jan: Beverly, Maryam

Next Birthday Party:

Tue 2/3 at 11 a.m.



Thank you, Annie, Danielle, and Mary for your dedication, ideas, thoughts, and hands.

Remember to follow your heart, think with your mind, use your intuition, work smart, remain aware, and remain open.

HIGHLIGHTS FROM THE PAST 3 MONTHS

- Welcome to our new interns that started since the last newsletter: **Jerry, Cheng, Maryam** and **Yimeng**.
- FL95, also known as iMAPS, also known as DGA, also known as the "biggest study at the WHNRC" is about to finally begin! We have one participant that has completed screening and is scheduled to start feeding on Friday, February 6 (to be confirmed). We are still hammering out some details, and will likely be making some changes once the study begins.
- Having limited resources in the public sector can be frustrating. The MK&HFL would not be as efficient if it weren't for the dedication and hard work of our **unpaid interns**. Thank you for volunteering your time to not only gain foodservice experience in the research setting, but for also helping us test dietary methods that eventually help to improve the health of all Americans!
- The FL93-Gari study has completed! If you are interested in helping **Dustin** close out the study, please let him know.
- **Dustin** has a stack of letters of recommendation requests for the dietetic intern applicants in the spring match. Good luck to all the applicants (you know who you are)!
- In order to accommodate student schedules and keep up production for FL95, the MK&HFL has started Saturday shifts again. The staff will work rotating Saturday shifts, and be accompanied by **Kelly, Jerry, Hester, and Cheng**. Thank you!
- The CS12-Sugar study team is back. Please make them feel welcome. Thank you, **Vivien** and **Ella**, for keeping us updated with your scheduling!
- Thank you to **Julie** and **Beverly** for starting the Production Planning sheet that will help us to better coordinate our recipes to meet increasing study demands.
- Thank you, **Sara, Julie, and Beverly**, for using the Job Shift Analysis binder. It's been a big transition. With study demands increasing, it will be an essential tool that will help organize and balance everyone's workload. It takes thought, planning, and delegation – not easy things to do (but they pay off!).
- Thank you, **Julie, Sara, Beverly, Kelly, Amber**, and other interns for writing down in the Production and Inventory Guide the amounts of everything that you are bulk prepping. In order to save space, reduce food waste, be ready for unexpected events, and better ensure product flow and rotation, we are banking foods in amounts that are the 'least common denominator.' For example, one menu will get 15.0 grams of ground beef, whereas others will get 30.0, 45.0, or 60.0 grams. By banking bulk bins of 15.0 grams, the other menus can also be achieved by taking a multiple of 15.0. Similarly, fewer bulk portions of ground beef will sit in the freezer.
- An additional pressure to the FL95-iMAPS study is the documentation of our food production methods. Most publications do not detail the methods that are used to produce, monitor, and document the dietary component of feeding studies. As such, the WHNRC wants to publish in peer-reviewed journals the methods that we use to produce study foods. This is an important step in the scientific method because it provides an opportunity for others to learn what we are doing, to challenge what we are doing, and for us to learn from others' critiques, suggestions, and questions. Thank you, **EVERYONE**, for your patience, help, and cooperation with this additional challenge!



This month's newsletter drafted by Beverly and Kelly; revised and approved by Dustin J. Burnett, MS, RD

Areas for Improvement:

1. **FOOD SAFETY:** Our biggest priority is the safety of our human study participants. We must implement and monitor standardized procedures in order to better ensure that our study foods are safe.
 - a. **Clean Hands:** Before you start any work involving food (including changing jobs), after touching your face, after touching your hair, after picking your nose, after touching your computer or phone, wash your hands with soap and running water (turn off the water with the paper towels that you use to dry your hands).
 - b. **Time-Temperature Control (Part 1):** When portioning, keep hot foods hot and cold foods cold. If you are portioning bulk frozen items (e.g., corn, peas, cooked chicken, etc.), work in the back station that has the freezer. Label your packaging first with the following: (1) food item, (2) amount, (3) use-by date, and (4) treatment code. Place the bulk bin in the freezer, and remove only what you can portion within **15 minutes**. When you finish portioning this amount, place the portioned food in the freezer, and then repeat with a new batch.
 - c. **Time-Temperature Control (Part 2):** When making a recipe, think about whether the recipe is a **core** recipe, **dependent** recipe, or an **independent** recipe. Core recipes are used in other recipes. Dependent recipes have core recipes as ingredients. Independent recipes do not depend on other recipes. When making a core recipe, it is essential that you also coordinate the preparation of dependent recipes to avoid unnecessary freezing-and-thawing. For example, the Tomato-Basil Sauce is a core recipe. It is used in the Chili, Pizza, and Pasta with Meat Sauce recipes. On Monday, prepare the Tomato-Basil Sauce recipe. It refrigerates in a 2-inch hotel pans overnight so that the flavors “marry.” On Tuesday, make the chili, pizza, and pasta. Portion and freeze.
2. **FOLLOW THOSE RECIPES AS THEY ARE WRITTEN:** All of our recipes are meticulously calculated to achieve a desired nutritional composition and texture. If you believe that a recipe is not working (or does not taste good), please bring it to Dustin’s attention. We are transitioning from the “recipe development” stage into the “production stage.” Please follow the recipes as they are written so that we deliver consistent “inputs” to each study participant. The study team (not the MK&HFL!) is collecting and measuring “outputs,” e.g., urinary nitrogen, sodium, and potassium, in order to validate self-reported dietary adherence. The recipes have been revised and fine-tuned to improve palatability. ***Although they still look a bit messy, be sure to carefully read the ingredients, amount of each ingredient, and instructions to ensure that you are following them correctly.*** Please see Dustin if you are interested in helping type up the finalized versions of the recipes.
3. **LABELING:** There are two diets and three core Calorie levels in the new study. In order to stay organized and be sure the correct food gets to the participant in the correct amounts, proper labeling and quality control monitoring is critical! Each item should be labeled with the correct food name, the treatment type (or both treatments if it is used on both) and the correct calorie level (fluorescent pink, fluorescent yellow, or fluorescent green). Every color has a meaning.
4. **STORAGE:** Put things in their designated place. Otherwise, production (and our sanity) runs amuck.
5. **SHOPPING:** If you notice we are running low on something – or you use the last of an item, please make a note on the whiteboard or shopping list clipboard so we can add it to the shopping list. Please add the brand and type (i.e. low-sodium, fat-free, etc.) so we can make sure to get the correct one.
6. **SUBSTITUTIONS:** In order to keep recipes consistent, we will use the same brand every time whenever possible. ***Any substitutions must first be approved by Dustin.***

Final Shout Outs:



- (1) Menus Completed! No more taste-testing! OMG so relieved! Turkey Bakey!
- (2) Thank you to **Kelly** and **Beverly** for drafting the newsletter. It helps us all to stop and think about both our successes and areas for improvement. It also documents our efforts to help each other become better at what we do!
Please sign up to help draft the next one!