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## 14 things that happen to your body when you eat eggs

Eggs might just be the easiest, cheapest and most versatile way to up your protein intake. Beyond easily upping your daily protein count—each 85-calorie egg packs a solid 7 grams of the muscle-builder—eggs also improve your health. They're loaded with amino acids, antioxidants, and healthy fats. Don't just reach for the whites, though; the yolks boast a fat-fighting nutrient called choline, so opting for whole eggs can actually help you trim down.

When you're shopping for eggs, pay attention to the labels. You should opt for organic, when possible. These are certified by the USDA and are free from antibiotics, vaccines and hormones. As for color, that's your call. The difference in color just varies based on the type of chicken—they both have the same nutritional value, says Molly Morgan, RD, a board certified sports specialist dietician based in upstate New York. Below, we've rounded up the 14 incredible effects adding the mighty egg to your diet can have on the human body.

### 1. You'll Boost Your Immune System

If you don't want to play chicken with infections, viruses, and diseases, add an egg or two to your diet daily. Just one large egg contains almost a quarter (22%) of your RDA of selenium, a nutrient that helps support your immune system and regulate thyroid hormones. Kids should eat eggs, especially. If children and adolescents don't get enough selenium, they could develop Keshan disease and Kashin-Beck disease, two conditions that can affect the heart, bones, and joints.

(continued on page 3)



## **Government Affairs – ANFP Spokesperson Sheila Luhman, CDM CFPP**

The Government Affairs Committee Impact Team for 2017/2018 is: Renee Taylor, Marcia Kittleson , Laura Knutson, Marlene Adelmeyer, Penny Matuszewski and Millie Zarate.

Some “Food for Thought” - To plan programs that will increase recognition and awareness of all ANFP Members, the association and the CDM credential in the state, I want to share with you what one of our members did. Recognition and awareness should be gained among elected and regulatory officials as well as the general public. Renee Taylor invited Representative Gary Hebl and Senator Mark Miller to have a tour of the facility she is employed at. She shared what a CDM does and educational requirements. It was a great idea and well received. Please contact members of the Impact Team or Sheila Luhman – [Sheila.luhman@atticangel.org](mailto:Sheila.luhman@atticangel.org). if there is anything you have done to make others aware of our profession.



(L-R) Kris Krentz, Administrator-Skaalen, Representative Hebl, Renee Taylor, CDM, CFPP, Senator Miller

## **2. You'll Improve Your Cholesterol Profile**

There are three ideas about cholesterol that practically everyone knows: 1) High cholesterol is a bad thing; 2) There are good and bad kinds of cholesterol; 3) Eggs contain plenty of it. Doctors are generally most concerned with the ratio of “good” cholesterol (HDL) to bad cholesterol (LDL). One large egg contains 212 mg of cholesterol, but this doesn't mean that eggs will raise the “bad” kind in the blood. The body constantly produces cholesterol on its own, and a large body of evidence indicates that eggs can actually improve your cholesterol profile. How? Eggs seem to raise HDL (good) cholesterol while increasing the size of LDL particles (which are thought to be less dangerous than small particles).

## **3. You'll Reduce Your Risk of Heart Disease**

Not only have eggs been found to not increase risk of coronary heart disease, but they might actually decrease your risk. LDL cholesterol became known as “bad” cholesterol because LDL particles transport their fat molecules into artery walls, and drive atherosclerosis: basically, the gumming up of the arteries. (HDL particles, by contrast, can remove fat molecules from artery walls.) But not all LDL particles are made equal, and there are various subtypes that differ in size. Bigger is definitely better — many studies have shown that people who have predominantly small, dense LDL particles have a higher risk of heart disease than people who have mostly large LDL particles. Here's the best part: Even if eggs tend to raise LDL cholesterol in some people, studies show that the LDL particles change from small and dense to large, slashing the risk of cardiovascular problems.

## **4. You'll Have More Get-up-and-go**

Just one egg contains about 15% of your RDA of vitamin B2, also called riboflavin. It's just one of eight B vitamins, which all help the body to convert food into fuel, which in turn is used to produce energy. Eggs are just one of the 25 Best Foods for a Toned Body!

## **5. Your Skin and Hair Will Improve**

B-complex vitamins are also necessary for healthy skin, hair, eyes, and liver. (In addition to vitamin B2, eggs are also rich in B5 and B12.) They also help to ensure the proper function of the nervous system. For more foods full of B vitamins, [click here](#) for this list of the essential 40 Best Foods for Muscle and Strength!

## **6. You'll Protect Your Brain**

Eggs are brain food. That's largely because of an essential nutrient called choline. It's a component of cell membranes and is required to synthesize acetylcholine: a neurotransmitter. Studies show that a lack of choline has been linked to neurological disorders and decreased cognitive function. Shockingly, more than 90% of Americans eat less than the daily recommended amount of choline, according to a U.S. dietary survey.

## **7. You'll Save Your Life**

Among the lesser-known amazing things the body can do: It can make 11 essential amino acids, which are necessary to sustain life. Thing is, there are 20 essential amino acids that your body needs. Guess where the other 9 can be found? That's right. A lack of those 9 amino acids can lead to muscle wasting, decreased immune response, weakness, fatigue, and changes to the texture of your skin and hair.

## **8. You'll Have Less Stress and Anxiety**

If you're deficient in the 9 amino acids that can be found in an egg, it can have mental effects. A 2004 study published in Proceedings of the National Academy of Sciences described how supplementing a population's diet with lysine significantly reduced anxiety and stress levels, possibly by modulating serotonin in the nervous system.

## **9. You'll Protect Your Peepers**

Two antioxidants found in eggs — lutein and zeaxanthin — have powerful protective effects on the eyes. You won't find them in a carton of Egg Beaters — they only exist in the yolk. The antioxidants significantly reduce the risk of macular degeneration and cataracts, which are among the leading causes of vision impairment and blindness in the elderly. In a study published in the American Journal of Clinical Nutrition, participants who ate 1.3 egg yolks per day for four-and-a-half weeks saw increased blood levels of zeaxanthin by 114-142% and lutein by 28-50%!

## **10. You'll Improve Your Bones and Teeth**

Eggs are one of the few natural sources of Vitamin D, which is important for the health and strength of bones and teeth. It does this primarily by aiding the absorption of calcium. (Calcium, incidentally, is important for a healthy heart, colon and metabolism.) For more easy metabolism-boosting tips, check out these 55 Best Ways to Boost Your Metabolism!

## **11. You'll Feel Fuller and Eat Less**

Eggs are such a good source of quality protein that all other sources of protein are measured against them. (Eggs get a perfect score of 100.) Many studies have demonstrated the effect of high-protein foods on appetite. Simply put, they take the edge off. You might not be surprised to learn that eggs score high on a scale called the Satiety Index: a measure of how much foods contribute to the feeling of fullness.

## **12. You'll Protect Your Liver**

B-vitamins aren't the only ovular micronutrients that contribute to eggs' beneficial effects on liver health. Eggs are also rich in the nutrient choline. (One large egg contains between 117 and 147 milligrams of the nutrient, depending on your cooking method of choice). A recent review explained that choline deficiency is linked to the accumulation of hepatic lipid, which can cause non-alcoholic fatty liver disease. Luckily, a Journal of Nutrition study found that a higher dietary choline intake may be associated with a lower risk of non-alcoholic fatty liver in women.



### 13. You'll Lower Risk of Type 2 Diabetes

Another side effect of choline deficiency and the subsequent accumulation of hepatic lipid is an increase in your risk of insulin resistance and type 2 diabetes.

### 14. You'll Lower Inflammation

Eggs are a major source of dietary phospholipids: bioactive compounds which studies show have widespread effects on inflammation. A recent review published in the journal *Nutrients* connected dietary intake of egg phospholipids and choline with a reduction in countless biomarkers of inflammation. Lowering inflammation has widespread health benefits that range from lowering risk of cardiovascular disease to improving the body's ability to break down fat. If you're looking to lower inflammation, look no further than adding these 30 Anti-Inflammatory Foods to your diet.

**Mission:** Position the Certified Dietary Manager as the expert in foodservice management and food safety.

**Vision:** The Certified Dietary Manager is the cornerstone of the collaborative Dietetics profession.

## MEMBERSHIP



As of March 26, 2018, the Wisconsin ANFP is **380** members strong; **344** Certified Professional members, 36 Professional non-certified members. Please contact any officer, if you know of a new member or student, so we know who they are and how to keep them informed about events taking place in the Wisconsin ANFP.

**Welcome New Members!!**

Lisa Lynn Collins  
Tomahawk

Elizabeth Pawlenty  
New Richmond



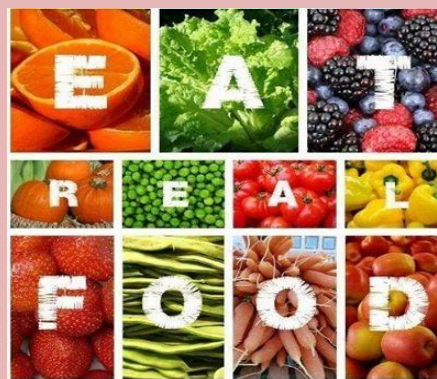
**ANFP** | WISCONSIN

Association of Nutrition & Foodservice Professionals

**State Website:** Go to [www.anfponline.org/events-community/chapter-pages/wisconsin/hp](http://www.anfponline.org/events-community/chapter-pages/wisconsin/hp)



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Hunger Week is April 9 – 13. This is a good time to run a food drive at your facility or in your community. It is the week after Easter this year and people are in a giving spirit. Help to fill the shelves of your local food pantry or collect money to donate to the food pantry so they can buy the products they need. Or you can do both. Pull your staff together and open your hearts. It will be greatly appreciated and is a great marketing tool for your facility!

Be sure to send me your photos from your events to include in the newsletter. Please include a short description. Deadline for the May newsletter is April 20<sup>th</sup>.

Until next month...

**“Live Long...and Prosper!”**



April 4, 5, 2018 ..... Spring Regional,  
Lexington, KY

April 19-20, 2018 ..... Wisconsin ANFP Spring  
Conference, Oshkosh, WI, Hilton Gardens Hotel and  
Conference Center

June 1-4, 2018 ..... ANFP Annual Conference  
& Expo, Orlando, Florida

Fall 2018 ..... Wisconsin ANFP Fall  
Conference, Wisconsin Dells

Spring 2019 ..... Wisconsin ANFP Spring  
Conference, Door County



In 1960, 72 foodservice professionals representing 15 states assembled in a Cleveland hotel to organize what would become the Hospital, Institution and Educational Food Service Society (HIEFSS).



- 1<sup>st</sup> – Marlene Adelmeyer; Jill Friemoth
- 3<sup>rd</sup> – Dawn Rose; Jolleen Pillizzi
- 5<sup>th</sup> - Connie Green
- 7<sup>th</sup> - Rita Melssen
- 8<sup>th</sup> - Kim Lubich
- 11<sup>th</sup> – Amy Jungbluth

- 12<sup>th</sup> – Michele Khoury
- 14<sup>th</sup> – Annette Sorenson
- 16<sup>th</sup> – Rebecca Suehring
- 17<sup>th</sup> - Bridget Woodhull
- 18<sup>th</sup> – Kelli Lehmann; Janine Czubakowski
- 19<sup>th</sup> – Kathleen Nitka
- 28<sup>th</sup> – Debarah Shufelt
- 29<sup>th</sup> - Sue Sharp



## ANFP WI Scholarship Committee Report

Scholarship Committee: Marlene Adelmeyer- Chair, Cherie Bundrant and Penny Matuszewski.

ANFP WI will be offering two scholarships, one each, to off-set financial expenses associated with an ANFP approved course and CDM Exam registration fees. Our scholarship information and application is included in this Newsletter. The Executive Board and Scholarship Committee hopes to have several applicants for the two Scholarships we are offering. The scholarships will financially assist one applicant each with up to \$400. We don't want any member to feel that either of these processes needs to be a total hardship for you while reaching for your career goals. **Please see the scholarship information in this Newsletter.**



Believe me, it IS worth filling out if you need it. I won a scholarship a while back for the national conference and expo from the National ANFP committee, NFEF-Nutrition and Foodservice Education Foundation. The scholarship helped me as I was in-between positions (ok, I was “let go”!) and wasn’t able to justify the extra cash to attend. I was on the ANFP WI executive board at the time so part of that trip was expensed by our WI chapter. This was just one of the advantages I’d experienced by volunteering for an office! 😊

We hope to hear from you if you need us! If you have any questions, please call or email Marlene Adelmeyer, [marlene.adelmeyer@gmail.com](mailto:marlene.adelmeyer@gmail.com) or 920-229-2717 (can also text to this number).

Respectfully submitted,  
Marlene Adelmeyer, Scholarship Committee Chairperson

**In the month of May we celebrate these special occasions:**

## National Asparagus Month

## National Barbeque Month

## National Chocolate Custard Month

## National Egg Month

# National Hamburger Month

## National Salad Month

# National Salsa Month

## National Strawberry Month

## 1<sup>st</sup> Week of May – National Raisin Week

## 2<sup>nd</sup> Week of May – National Hamburger Week

### 3<sup>rd</sup> Week of May – International Pickle Week

## 4<sup>th</sup> Week of May – National Frozen Yogurt Week

## Memorial Day Monday – National Barbeque Day

Memorial Day Monday – National Hamburger/Cheeseburger Day

## 1<sup>st</sup> – National Chocolate Parfait Day

## 2<sup>nd</sup> – National Truffles Day

### 3<sup>rd</sup> – National Raspberry Tart Day

4<sup>th</sup> – National Orange Juice Day; National Candied Orange Peel Day

5<sup>th</sup> – National Chocolate Custard Day; National Hoagie Day; Cinco de Mayo Recipes; Oyster Day

## 6<sup>th</sup> – National Crepes Suzette Day



7<sup>th</sup> – National Roast Leg of Lamb Day  
8<sup>th</sup> – National Empanada Day  
9<sup>th</sup> – National Butterscotch Brownie Day  
10<sup>th</sup> – National Shrimp Day  
11<sup>th</sup> – Eat What You Want Day  
12<sup>th</sup> – National Nutty Fudge Day  
13<sup>th</sup> – National Fruit Cocktail Day  
14<sup>th</sup> – National Buttermilk Biscuit Day  
15<sup>th</sup> – National Chocolate Chip Day  
16<sup>th</sup> – National Coquilles St. Jacques Day  
17<sup>th</sup> – National Cherry Cobbler Day  
18<sup>th</sup> – National Cheese Souffle Day  
19<sup>th</sup> – National Devil's Food Cake Day  
20<sup>th</sup> – National Quiche Lorraine Day; Pick Strawberries Day  
21<sup>st</sup> – National Strawberries and Cream Day  
22<sup>nd</sup> – National Vanilla Pudding Day  
23<sup>rd</sup> – National Taffy Day  
24<sup>th</sup> – National Escargot Day  
25<sup>th</sup> – National Wine Day  
26<sup>th</sup> – National Blueberry Cheesecake Day; National Cherry Dessert Day  
27<sup>th</sup> – National Grape Popsicle Day  
28<sup>th</sup> – National Brisket Day  
29<sup>th</sup> – National Coq Au Vin Day  
30<sup>th</sup> – National Mint Julep Day  
31<sup>st</sup> – National Macaroon Day



*Plan now to attend the  
Wisconsin ANFP Spring  
Conference in Oshkosh,  
April 19 & 20, 2018 at  
the Hilton Gardens Hotel  
and Conference Center  
Watch the newsletter for  
further information*



#### 2018 ANFP WISCONSIN SCHOLARSHIP APPLICATION

January 1- June 30, 2018

ANFP Wisconsin is offering scholarships for foodservice managers desiring to further their education and career potential by becoming a CDM, CFPP. We are offering a scholarship to help defray the cost of a live or online Dietary Manager training program for member of ANFP-WI group. We are also offering a scholarship for members who have enrolled in the required training course and would like to complete and pass the certification exam to become a CDM, CFPP.

#### ELIGIBILITY REQUIREMENTS

- Applicant must be working at least 50% time in a healthcare or approved foodservice environment.
- Applicant must demonstrate need for financial support.
- Scholarship winner of the Dietary Manager program must be enrolled in the required Dietary Manager training course to be completed by June 30, 2018.
- Scholarship winner of the Certification exam must complete the exam by June 30, 2018.

## APPLICATION REQUIREMENTS:

Please only include information that has been requested. Any applications that do not meet the following criteria or are illegible will be disqualified.

- Answer every space on the Scholarship Application. Mark N/A if a section does not apply to you. A blank space will automatically be considered an incomplete application.
- Please include an essay on why you would benefit from either scholarship and why you desire to become a Certified Dietary Manager.
- Application, essay and referrals must be submitted by the published deadlines.

## SELECTION PROCESS

The Scholarship Committee will review all applications and select the 2018 Scholarship Recipients. All applicants will be notified by June 30, 2018.

## HOW WILL THE SCHOLARSHIP BE AWARDED?

ANFP-WI will provide the scholarship recipient with course tuition up to \$400 (tuition only, books and fees not included). Scholarship monies will be awarded upon completion of the course. The Certification exam scholarship will provide up to \$399 for the exam only. Scholarship monies will be awarded upon completion and certification proof of the exam.

## DEADLINES

- Application for the scholarships must be completed, typed and submitted either by mail or email by June 30, 2018 to:  
ANFP-WI Scholarship Committee  
W7716 Highbridge Rd  
Oakfield WI 53065  
Email: [marlene.adelmeyer@gmail.com](mailto:marlene.adelmeyer@gmail.com)

Questions? Please contact Marlene Adelmeyer at 920-229-2717



## 2018 SCHOLARSHIP APPLICATION

### SECTION 1-TYPE OF SCHOLARSHIP

Please check off the type of scholarship for which you are applying:

☐ Up to \$400 Dietary Manager training program

☐ Up to \$399 Certification Exam

### SECTION 2-PERSONAL INFORMATION

Last Name:	First Name:	MI
Address:		
City:	State:	Zip:
Email address:		
Home Phone:		Cell Phone:

### SECTION 3-EMPLOYMENT INFORMATION

Are you currently employed in a non-commercial foodservice operation? ☐ Yes ☐ No

If no, how long have you been unemployed or working in a different setting? Please explain your efforts in actively pursuing employment. (Attach a separate sheet)

If you are currently employed, complete the following section.

Current employer:		
Address:		
City:	State:	Zip:
Email address:		
Name of immediate supervisor:		
Supervisor title:		Phone:
Length of time with this employer:		

### SECTION 4-INDUSTRY WORK EXPERIENCE-*please list starting with your most recent position.*

<i>Company Name, City, Phone</i>	<i>Type of business &amp; position</i>	<i>Duties you perform</i>


*SECTION 5-PERSONAL QUESTIONS (attach extra sheets if necessary)*

1. Are you a member of any other professional organization other than ANFP? If yes, please list. If not why not?
2. What has been your involvement in your ANFP state chapter? (i.e. offices held, conference/meeting attendance, committee work or other volunteer work.)
3. Does your employer financially support your or other employees' continuing education? If yes, please give examples.
4. This scholarship will only fund part of expenses incurred for either scholarship. How do you plan to pay for the remaining expenses? (i.e. books, mileage, time absent from work.)
5. Give an example of a past meeting you have attended, ANFP or other, and how that experience has benefitted your workplace and/or ANFP-WI?
6. Have you ever been awarded a scholarship or grant from ANFP, NFEF, ANFP-WI, or other sponsor for educational purposes? \_\_\_\_ Yes \_\_\_\_ No If yes please give date, details and amount.

**SECTION 6-ESSAY**

Please type an essay of approximately 200 words that summarizes the following: Describe your financial need and why you desire to become a Certified Dietary Manager. (Please attach essay on separate sheet.)

**SECTION 7-REFERRALS**

Please use the attached referral form for each of your two references. Recommended references include Registered Dietitians, Certified Dietary Managers, Administrators, college faculty, or corporate unit managers. Please limit the reference letter to the space allowed on the front of the page.

**SECTION 8-SIGNATURES**

***Please read before signing.*** To the best of my knowledge, I have provided ANFP-WI accurate information concerning all questions on this application. I understand that failure to provide valid and complete information could result in the withdrawal of all financial assistance and a recall of all awards previously made by NFEF, or ANFP.

Signature of Applicant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Supervisor: \_\_\_\_\_ Date: \_\_\_\_\_



Before you submit this application, please include:

\_\_\_ Every section of the application is completed; application signed and dated.

\_\_\_ Section 6 essay attached.

\_\_\_ Section 7 referrals attached.

\_\_\_ Section 8 signature information completed.



**ANFP SCHOLARSHIP REFERRAL FORM**

**(NOTE: two referrals are needed-see scholarship information page)**

**Referral Name:**

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**Referral Employer:**

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**Name of Scholarship Applicant:**

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**Relationship to Applicant:**

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**REFERRAL COMMENTS:**



This recipe is out of April/May 2012 Country Woman: Honorable Mention Judy Armstrong/Prairieville, Louisiana

### **Sweet Potato and Ham Hash**

- 2 cups cubed peeled sweet potatoes (*I have done with unpeeled sweet potatoes, or used 1/2 white and 1/2 sweet*)
- 2 Tbsp. butter
- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 1 small sweet red pepper, chopped
- 3 green onions, chopped (*I increase the amount of regular onion*)
- 1 red chili pepper, seeded and finely chopped (*I use red pepper spice*)
- 3 garlic cloves, minced
- 2 cups cubed fully cooked ham (*You can omit or use chicken or turkey*)
- 1/2 tsp. pepper

1/4 tsp. salt (*I omit but use rosemary and savory*)

4 eggs

1/4 cup shredded white cheddar cheese (*I will use yellow cheddar, and other kinds ie Swiss, feta, etc*)

1. In a large skillet, saute sweet potatoes in butter and oil until crisp-tender. Add the onion, red pepper, green onions and chili pepper.

Saute 4-5 minutes longer or until tender. Add garlic; cook 1 minute longer. Stir in the ham, pepper and salt.

2. With the back of a spoon, make four wells in the potato mixture; add an egg to each well. Sprinkles with cheese.

Cover and cook for 4-5 minutes or until egg whites are completely set. Yield: 4 servings.

Once I followed the recipe, I have adapted it fit what I have available. I have made the hash separate and prepared the eggs separate ie scramble, over easy, etc.

I feel this recipe can be easily adapted for larger quantity cooking.

Have fun with it and enjoy. See you at Spring WI-ANFP conference April 2018 in Oshkosh, WI

Mary J Zimmerman

Cover and cook for 4-5 minutes or until egg whites are completely set. Yield: 4 servings.



# Easter

L	P	G	S	B	A	A	N	Y	S	O	F	R	A
R	P	T	R	N	P	L	Y	A	H	O	D	U	E
H	O	Y	N	L	P	O	N	D	H	C	N	R	A
C	E	D	T	U	D	Y	N	N	L	C	I	A	S
R	Y	N	E	A	H	I	U	U	E	H	F	Y	T
A	H	A	B	I	O	Y	B	S	N	O	G	E	E
M	S	C	S	C	S	G	C	T	A	C	Y	C	R
U	D	M	B	A	E	N	N	C	C	O	N	E	M
A	I	I	C	U	H	I	E	I	G	L	H	A	S
R	A	B	B	I	T	R	O	O	Y	A	O	R	C
F	S	T	T	E	T	P	R	I	B	T	A	H	E
N	A	U	H	O	A	S	S	G	G	E	A	O	D
H	O	L	I	D	A	Y	C	T	S	T	E	P	I
R	L	N	D	M	B	A	S	K	E	T	P	E	Y

RABBIT  
 MARCH  
 SPRING  
 CANDY  
 SUNDAY  
 CHOCOLATE  
 EGGS  
 FIND  
 HUNT  
 HOLIDAY  
 BUNNY  
 BASKET  
 HOP  
 EASTER

Play this puzzle online at : <http://thewordsearch.com/puzzle/261/>

