The future honors the past

Change ... energizing, creative, challenging ... has come to the College of Consumer and Family Sciences. On February 11, 2010, the Purdue Board of Trustees approved a new campus unit, the College of Health and Human Sciences. This new unit will be the second largest college on campus, with only the College of Engineering larger. Under discussion since the spring of 2009, the new college will consist of nine departments, the four departments of CFS (Child Development and Family Services, Consumer Sciences and Retailing, Foods & Nutrition, and Hospitality and Tourism Management), the School of Nursing, the School of Health Sciences, and three Liberal Arts departments (Psychology, Health and Kinesiology, and Audiology and Speech Sciences).

Why is this happening? It is time for Purdue to have a college unit on campus that reflects the University commitment to life science research and translational science. In the past 10 years, Purdue has been very active in the promotion of the state of Indiana as a national hub for life science research and employment. In addition to creating a visible presence at Purdue for life science research, the new college will enhance natural research collaborations among the new departments. It also will be a more natural search destination for prospective students seeking information about a health career major. It is a natural fit for the Department of Foods and Nutrition.

Change is not new to CFS. This college is represented by a line of history that began in 1905 as a department for women in the School of Science (Household Economics), the success of which prompted the creation of the School of Home Economics in 1926. During the next 50 years there were new departments formed in the college that went beyond the scope of traditional home economics and new majors, some of which, like RHI, retail management and financial planning were attracting more male students. A new name, Consumer and Family Sciences, was selected in 1976 to reflect the new social realities at Purdue and across the nation.

The mission of CFS, in all its versions, has always included an element of making life better for people through one discipline on another. A closer look at the list of departments comprising the new college will reveal that this can also be said about each of the units to be joined together in July 2010.

This department is the only department of CFS that has retained its name through the years. Foods & Nutrition was a department in 1926 and the dietetics major was offered even earlier than that. The balance between stability of our core mission and dynamic change (such as the former emphasis on hiring faculty to cover essential nutrients in the classroom giving way to hiring
Letter from the department head

This will be a historical year as we join a new College of Health and Human Sciences. Read about it in the accompanying article. Like many similar departments across the nation, we are experiencing much growth. Health is a timely topic in our nation. Our undergraduate enrollment has topped 400 for the first time. We are very grateful that, in spite of the intense pressure with increased applicants for dietetic internship programs, our acceptance rate has remained high (81% vs. 50% nationally).

Our talented faculty has put us as the top department for external grant expenditures for the 4th year in a row. The faculty has leadership in many multi-disciplinary activities including the Ingestive Behavior Research Center, the Clinical and Translational Science Institute, the prevention arm of the Oncological Sciences Center, the Purdue-UAB Botanicals Research Center, the Center for Grape-Derived Polyphenolics and Alzheimer’s Disease with Mount Sinai, and a number of other initiatives and projects.

As is occurring all over the country, Purdue is considering how to manage with fewer resources. We are fortunate to be recruiting for a new nutrition and cancer expert in this climate. We welcomed Sibylle Kranz to our faculty last fall to strengthen our efforts in childhood obesity and to direct our Coordinated Program in Dietetics.

We hope your travels bring you to our doorstep and you keep us in your thoughts.

Sincerely, Connie Weaver

Upcoming Events

April 9: Avanelle Kirksey Lecture
Kirksey Lecture speakers are chosen to highlight continuing research in some aspect of Dr. Avanelle Kirksey’s work. This year the presenter is Stephanie Atkinson, PhD, professor and associate chair of the Research Department of Pediatrics at McMaster University. She will present “Nutrition for Kids: Investing in future health and disease prevention.” The lecture will be at 10:30 a.m. in Pfendler Hall Auditorium with lunch following in the John Purdue Room of Stone Hall.

April 16: CFS Celebration of 105 Years at Purdue
Come make a day of it by attending the Felker Leadership Series during the day and a celebration of the college, combined with the CFS Alumni Awards Dinner, in the evening.

May 13: Annual May Conference
“Mining Treasures from our National Databases and More” is the theme for the Department of Foods and Nutrition annual May Conference. Access the conference brochure at www.cec.purdue.edu/eC2K/Upcoming.asp. Scroll down to Annual May Foods & Nutrition Conference. Events are listed according to date.

May 13: Foods and Nutrition Hall of Fame
It is an honor to celebrate the careers of our alumni. Read about the 2010 honorees at www.cfs.purdue.edu/fn/alumni/hall_of_fame.shtml. You are welcome to attend the reception.
Grad seminar an appropriate memorial

Have you presented your Fuqua yet?
What is the best way to honor the memory of a meticulous teacher and presenter? What is the best way to encourage those qualities of excellence in the lives of our graduate students as future nutrition professors and professionals? The Department of Foods and Nutrition decided the best way to do this was to name our graduate training seminar in honor of Dr. Mary Fuqua, who passed away in the fall of 2007.

Because of Dr. Fuqua’s passion for quality nutrition education, the Fuqua Graduate Seminar Series was established. Since the inauguration of this memorial, every F&N and INP graduate student presents a Fuqua seminar in FN 495 in fulfillment of his or her graduate degree.

Dr. Mary Fuqua, professor emeritus of the Department of Foods and Nutrition and associate dean emeritus of the College of Consumer and Family Sciences, established a reputation as an unusually fine teacher during her tenure at Purdue, winning many teaching awards, including the AMOCO Undergraduate Teaching Award, Outstanding Teacher in the School of Home Economics (4 years), and Outstanding Lecturer on the Purdue campus.

In her retirement, she used these same qualities to make a significant impact on the Greater Lafayette community. In the last year of her life, these gifts were still in full evidence! She was a guest lecturer for our undergraduate geriatric nutrition course in spring of 2007. The professor, Dr. Wayne Campbell, was very impressed with her thorough preparation and confident presentation after many years away from the classroom: “She had the class eating out of her hand!”

The inaugural Fuqua seminar was presented by Fiona McKiernan, an MS student in Dr. Richard Mattes’ lab. After the seminar, a luncheon was held to honor the inaugural seminar. Numerous friends, colleagues, and former students of Dr. Fuqua reminisced and shared with current graduate students about her impact. Despite never meeting Dr. Fuqua, McKiernan responded with these thoughts, “This seminar builds character for graduate students to emulate Dr. Fuqua and consider the standards in which the seminar was established.”

New college article, continued from page 1

...in signature areas to build national and international strengths) creates an unbroken line of growth that continues from 1905 into the future. As we build on the foundation of the past, we look to the future and its potential with anticipation.

Though we become part of a new college, we do not leave the past behind us; it comes with us. Each of you, our alumni, has been part of the changes that bring CFS to this point. Your input and careers have been part of the march of progress and the increase of knowledge that have created the climate for this new college. We hear about you from each class of freshmen, “I want to become a dietitian because I have diabetes and my dietitian was a Purdue grad,” or from the student interested in Foods and Nutrition in Business because he took a high school food chemistry class taught by a teacher trained at an F&N summer workshop.

Though much of what the new college will be is still on the drawing board, the past will shape the future. That same love of learning and determination that drove young women to attempt the impossible goal of a Purdue education in 1905 will still be the heritage of F&N students in the College of Health & Human Sciences, a desire to be a learner and the same desire to make a difference.
Lecture focuses on obesity

It was standing room only for the 2009 annual lecture series created to honor distinguished professor emeritus, Avanelle Kirksey. Barry M. Popkin, nutrition professor at the University of North Carolina, Chapel Hill, presented “The world is fat – the trends, policies and products that are fattening the human race.” There was great interest in this topic, as Dr. Popkin’s book by the same title was released less than four months earlier.

Popkin, the Carla Smith Chamblee Distinguished Professor of Global Nutrition, directs the University of North Carolina’s Interdisciplinary Center for Obesity.

He researches issues linked with dietary behavior, physical activity and obesity. Popkin has a special interest in nutrition transition, the study of the dynamic shifts in dietary intake and physical activity patterns, trends and obesity. He discussed the increasing BMI trend that has occurred over the past century. He related the trend to factors that contribute to calorie imbalances. These factors include the increased consumption of caloric beverages, expanded consumption of fried foods, the reduction in cost of animal products, and most significantly, the global reduction of physical activity.

Popkin favors public policy and its ability to have positive effects on the obesity issue. Though this is a controversial topic, it is his assertion that public policies to regulate, restrict, tax and label high calorie foods, such as beverages, would have the most impact.

Join us on Facebook

Join the Purdue Foods and Nutrition Alumni Network on Facebook and discover a great way to connect with F&N alumni, current students, faculty, and the department. Read about current research being conducted in the Department of Foods and Nutrition. Network with other F&N alumni. Submit nominations for the F&N Hall of Fame. Or just tell us what you are up to! Log on to Facebook then search for “Purdue Foods and Nutrition Alumni Network” and click “join group” then click “join.”
Abbott presents new student opportunity

“Having the business side on our team was really helpful because nutrition knowledge alone would not have been enough to get the sale. It was a great experience to work with a company like Abbott. How many students can say they have?”

— Michelle Bojrab, Senior, Dietetics
In 2008 we announced the creation of the Indiana Clinical and Translational Science Institute (CTSI). For those who have not followed this initiative since then, a lot of progress has occurred! The CTSI is a unique state-wide collaboration with a vision to bridge the gap between research discoveries and health applications. It is a clinical research initiative that combines the strengths of universities, business, and government to quickly transform discoveries into better patient care and business opportunities. The National Institutes of Health has a high priority to improve the process by which basic science laboratory discoveries are transformed into new medical treatments and products and adopted into practice — a process called translational research. Originally a grant collaboration between Indiana University and Purdue University, the Indiana CTSI was unique when the grant application was submitted because many statewide partners were included in the initiative. Community partners such as the Indiana Department of Health and the Marion County Health Department, Clarian Health, Eli Lilly and Co., BioCrossroads, Cook Group, Roche, WellPoint, the Indiana Economic Development Corp broadened the scope of this initiative. Since then, the University of Notre Dame has also joined the collaboration. To learn more about the mission of the CTSI, go to www.indianactsi.org/about/ictsimission.

The CTSI works by bringing possible research partners together and by letting locations that do something really well provide services in their area of strength. Three units of the CTSI connected in our own department can provide some insight how this works, the CTSI Bionutrition Services, headed by Dr. Wayne Campbell; the Community Health Engagement Program (CHEP), represented by Dr. Carol Boushey; and Product Development Teams, chaired by Connie Weaver. The following segments highlight the success of these programs.

**CTSI: Bionutrition Services**

Any diet intervention study proposed across the state by a CTSI partner can apply for the bionutrition services that are offered exclusively at Purdue in this department. Since November 2008, 23 nutrition studies have been submitted through the ICRC (Indiana Clinical Research Center), and Bionutrition Services has been directly involved with 17 of those. Examples of the main types of bionutrition services we provide include development of metabolic diets; dietary recall/record entry and analyses; assistance with estimating costs for dietary services for study proposals; preparation and service of metabolic diets/test meals; and various clinical services. We have helped/are helping facilitate a wide range of studies among many different investigators, and this has included collaborations among investigators at Purdue and IU School of Medicine. The mission of CTSI encourages collaborations. Lisa Jackman, dietitian for the CTSI Bionutrition Services, says, “The bionutrition services we provide are helpful to any investigator who has a nutrition or dietary assessment component to their research. However, although many senior faculty investigators request our services, it is the new faculty investigators who can particularly benefit because they may not have the resources in their research program yet to obtain the types of services we can provide for them. The PDT grant recipients often are new investigators, for example.”

**CTSI: Product Development Teams**

As stated in the introduction, one of the goals of the Indiana CTSI is to support translational research acceleration programs. These programs can include both pilot studies and projects called Project Development Team projects (PDTs). Purdue has a PDT comprised of a committee of researchers who assist investigators (often these are less experienced investigators) with design of new translational projects. Connie Weaver chairs the Purdue team, which includes Rick Mattes, Wayne Campbell, Dorothy Teegarden, and Elsa Janle, in addition to other faculty from F&N and across campus. They help investigators with development of hypotheses and protocols, intellectual property, ethics and regulatory, partnerships, research capacities, and funding. Bionutrition Services has provided assistance to two PDT studies and five pilot studies so far.

**CTSI: CHEP (Community Health Engagement Program)**

Every aspect of the CTSI involves both encouragement of independent achievements and the redirection of “silo” thinking into collaborative pathways. How can we learn from one another and help one another achieve more? In no aspect is this more important than in the communication and engagement portion of the CTSI headed up by Carol Boushey, assisted by Donna Vandergraff. They participate with the Community Health Engagement Program (CHEP), which recently received an award from the National Institutes of Health for collaborative community engagement research. The PI is Dr. Ron Ackermann of the IU School of Medicine, and one of the co-directors of CHEP. The focus of the award is to foster collaboration across the state of Indiana and to create a model that all CTSAs across the United States can use. They have two principal aims; the first is to develop, implement, and disseminate a process for engaging communities in all phases of clinical and translational research. The second is to develop and disseminate a set of resources or tools that will help existing and future CTSIs to facilitate participatory research with their community partners. In order to achieve those aims, leveraging existing relationships with a large network of community partners throughout Indiana and involving experts from multiple CTSA programs will be utilized. Ten institutions involved are Morehouse University, University of Chicago, University of Colorado, Weill Cornell University (North Carolina), Northwestern University, Washington University (St. Louis), Duke University, University of Minnesota, University of Michigan, and University of California Davis. A rich series of discussions have been held on how best to build the infrastructure of resources needed. The finished toolkit will be available in 2011. For more information, contact boushey@purdue.edu or vandergraff@purdue.edu.
Training for cancer prevention

The American Cancer Society estimates that approximately 50% of cancer deaths could be prevented if we implement strategies to improve our lifestyle and participate in early screening. With persuasive outcomes such as this, how do we encourage the best and brightest young minds to pursue the field of cancer prevention?

An interdisciplinary team from Purdue is making strides to meet these goals and contribute to enhancing research in cancer prevention. The team is led by Dr. Dorothy Teegarden from the Department of Foods and Nutrition in collaboration with the Purdue Oncological Sciences Center and the Discovery Learning Research Center.

The team has received funding from the National Institute of Health to develop and test an interdisciplinary curriculum for undergraduates and graduate students that will create a new pool of scientists to effectively address research problems in cancer prevention.

Usually, students involved in research learn about specific areas of study and have little exposure to other disciplines. They also have limited understanding of the burden of cancer for patients or their caregivers. The CPIP program financially supports undergraduates for a full-time research experience over the summer and part-time through the academic year; graduate students are supported for a year.

Throughout the academic year, the students take a course taught by faculty from communication, psychology, engineering, veterinary medicine, nutrition, and basic sciences that introduces them to the promises and challenges of cancer prevention research. They also meet cancer survivors and oncologists, and they participate in community service activities to help them understand the burden of cancer. The faculty believe these efforts will engage the CPIP students, teach them to work in interdisciplinary teams, and hopefully give them the passion to continue to work in cancer prevention related fields.

The first ten undergraduates enrolled in the Cancer Prevention Internship Program (CPIP) in summer of 2009. Five graduate students joined the program in fall of 2009. The combination of undergraduates and graduate students creates a community in which undergraduates can see what is involved in graduate work, and the graduates can help mentor the undergraduates.

Graduate students also can discuss career-related issues with faculty members, and they learn specific skills that will help them in their careers. Current students are working across a breadth of research, including communication, engineering, and basic science. “Our goal is to develop a program that will attract excellent students to the field of cancer prevention research, to train students to work in teams of researchers that come from diverse backgrounds and to improve skills they will use in their future careers,” says program leader Dorothy Teegarden.

The CPIP has received rave reviews from the student participants and faculty team in this first year, and are looking forward to the next group of students who will enter for the 2010-2011 year! To find out more, visit www.discoverypark.itap.purdue.edu/oncological/cpip.
It is a common understanding that scholarship dollars make a big difference for both undergraduate and graduate students, but words on a page do not convey the whole picture. Examples make this more real.

In the past two years, the Fuqua Graduate Scholarship in Nutrition has partnered with the department to help prospective graduate students choose Purdue. To be competitive, a graduate assistantship must provide living expenses while the student is at Purdue, but over the years, University fellowships from the Graduate School have not kept up with competitive salary rates for top students.

The Fuqua scholarship can now supplement the fellowship, making up the difference between the base fellowship and the amount the department has set as a living wage salary. What a difference this makes for those who want to say “yes” to Purdue!

In the fall of 2009, five new graduate students received the Fuqua Scholarship, and this spring, five offers were made to prospective graduate students for fall of 2010. Additionally, for the first time, the Fuqua scholarship will be used to support a top graduate teaching assistant — PhD student Corrie Whisner, an experienced teaching assistant with outstanding student evaluations.

Jocelyn Sherrod, the recipient of the Arthur and Cecilia Stuart Memorial Scholarship for 2009–2010, is a vivid undergraduate example of the effectiveness of scholarship assistance. A criterion of the Stuart scholarship is for it to be given to a non-traditional student. As a single mother of three little girls, Sherrod is balancing classes, studying, and finances, along with parenting responsibilities. “The scholarship is a big help to me. There are always little things that come up ... children’s book fees, my own books and fees, et cetera,” she says.

A senior accepted into the Coordinated Program in Dietetics for fall 2010, she says the Stuart Scholarship allowed her last fall to quit her paid job so that she could build her resume by volunteering in Dr. Kim Buhman’s laboratory. She admits that the thought of remaining academically eligible to re-apply for the Stuart Scholarship has also been a little extra motivation to do well this year!

Thank you to the donors of each of these scholarships. We are grateful for the opportunities these endowed scholarships provide now and for years to come.

Investing in the future

Thank you to all the generous donors who contributed to departmental scholarships or graduate support funds in the past year. An extremely generous gift of $25,000 added to the Fuqua Graduate Scholarship and the Olivia Bennett Wood for dietetic students is getting very close to endowment.

We are very grateful to donors with vision to invest in the lives of F&N students. As you plan your giving for 2010, please consider the following opportunities to make a difference. For more information about making a scholarship gift, contact CFS Development at 765-494-7890 or (800) 535-7303 or smith628@purdue.edu.

Undergraduate scholarships:
Joan Krupinski Memorial Scholarship
Olivia Bennett Wood Scholarship

Graduate support:
Fuqua Graduate Scholarship
F&N Graduate Support endowed by the family of Ardith Johnson. Goal $1,000,000.
The Linda Okos Memorial Scholarship
New faculty member focuses on obesity

The Department of Foods and Nutrition welcomed new Associate Professor Sibylle Kranz, PhD, RD to the faculty in fall of 2009. Most recently of East Carolina State University, she replaces Dr. Carol Boushey as the new director of the Coordinated Program in Dietetics. Dr. Boushey has transitioned into a new faculty position, public health nutrition specialist.

Dr. Kranz earned her BS and MS from Florida International University in dietetics and nutrition. Her PhD in nutritional epidemiology was from the School of Public Health at the University of North Carolina at Chapel Hill. Following her PhD, she became an assistant professor in the Department of Nutritional Sciences at Penn State.

Dr. Kranz’s current research includes childhood obesity with special focus on dietary intake and diet quality for children of pre-school age. She has a number of peer-reviewed publications on the issue of nutrition and childhood obesity, as well as chronic disease, which are known co-morbidities. The department welcomes the addition of Dr. Kranz and her research strengths as a continuation of the long-standing tradition of child nutrition begun by Dr. Avanelle Kirksey.

Dr. Kranz has taken leadership of a program that has doubled in size in the past two years. The Coordinated Program in Dietetics sought approval from CADE in spring of 2008 to increase the number of placements in our program from 10 to 20 spots. Since the program had just been reviewed in February 2008 for re-accreditation, CADE was well aware of the program quality and capacity to handle more students. This decision was made in response to the national need for more internship spots and to serve the needs of our own students.

Student enrollment in didactic programs had been building for the past four years, so applications for dietetic internship placements mushroomed in the spring of 2008. Since some internship programs are phasing out, this increase in spots is an asset for F&N student placements and it has a national impact by reducing the number of F&N students in competition for dietetic internship spots across the country.

Faculty and staff awards

Deb Pullen is the secretary in the faculty office suite G1. Her upbeat personality, diligent work ethic, and consistent excellence earned her the prestigious Rose Award from Mortar Board.

Carol Boushey, professor of foods and nutrition, and Melissa Franks, assistant professor of child development and family studies and theme leader in the Center for Families, have been awarded a Hancok Faculty Fellowship.

Wayne Campbell, professor, has been named a University Faculty Scholar. The program recognizes faculty who are on an accelerated path for academic distinction. He also received the inaugural CFS Undergraduate Honors Mentor Award.

Jay Burgess, associate professor, received the Gamma Sigma Delta Award for teaching.

Jim Daniel was elected as a fellow of the Teaching Academy, which brings together the best teaching faculty across campus to create a collective voice for teaching and learning. Faculty are nominated and selected by their peers to join this eclectic group.

Bill Evers received the Outstanding Member Award from the Nutrition Education for the Public Dietetic Practice Group of the American Dietetic Association.

Rick Mattes received the Elaine R. Monsen Award for Outstanding Research Literature from the American Dietetic Association.

Qing Jiang received tenure and was promoted to associate professor.

Connie Weaver, head and distinguished professor, received the Robert H. Herman Memorial Award from the American Society of Nutrition. The award recognizes a clinical investigator whose research has contributed to the advancement of clinical nutrition, particularly biochemical and metabolic aspects of human nutrition.
Current faculty projects

Carol J. Boushey
- Biomarkers of dietary variables commonly misreported
- Dementia and neurotoxicity in Native Americans
- Following doctor’s orders: does patient and spouse communication with healthcare providers improve dietary adherence among patients with diabetes?
- How to motivate parents to promote intake of calcium rich foods among early adolescents
- I’ll have what she’s having: similarities in health behaviors of married partners
- Indiana CTSI (Clinical and Translational Science Institute)
- An interactive Web-based program to improve food and activity choices of high school students
- Improving diet assessment in adolescents
- Improving dietary assessment methods using the cell phone and digital imaging
- Outcomes of partners with diabetes
- Spouses’ influence on daily diet quality and disease-related outcomes
- Using novel methods to estimate food volume estimation to improve assessment of dietary exposures

Kimberly K. Buhman
- Effects of a high-satiety meal in combination with Alli® on appetite, metabolism, and gut hormones.
- In utero environment predetermines intestine function and health of offspring
- Regulation of intestinal triglyceride metabolism: molecular mechanisms

John R. Burgess
- Analysis of fatty acid proportions by gas chromatography

Wayne W. Campbell
- Food rheology and exercise in aging humans
- Increased protein intakes from predominantly meat versus soy protein/pulses-based foods: effects on daily and postprandial appetite
- Indiana CTSI (Clinical and Translational Science Institute)
- Influences of whey protein on body composition, glucose metabolism, and appetite in middle-aged adults at risk for the metabolic syndrome

Mario Ferruzzi
- Antiobesity effect of curcumin
- Bioanalytical and bioavailability core for Center of Excellence on Complimentary and Alternative Medicine (CERC) in the protective role of grape-derived polyphenols in Alzheimer’s Disease
- Dietary lipid as a primary modulator of carotenoid bioavailability from vegetables
- Effect of digestion on the cancer preventative activity of catechin polyphenols
- Phytochemical profiling of human milk and milk substitutes

James C. Fleet
- Colon-specific transgenic mouse for cancer research
- Diet by gene interactions affecting calcium and bone metabolism
- Does vitamin D status modulate colon cancer driven by APC allele loss?
- Genome-wide examination of binding sites for transcription factors responsible for prostate cancer prevention
- Intestinal calcium absorption: molecular mechanism
- New statistical approaches to enhance genome-wide Single Nucleotide Polymorphism (SNP)
- Pathology graduate student fellowship for colon cancer research
- Vitamin D and prostate cancer
- Genome-wide examination of binding sites for transcription factors responsible for prostate cancer prevention
- New statistical approaches to enhance genome-wide Single Nucleotide Polymorphism (SNP) association mapping to identify genetic markers

Else M. Janle
- Analytical methods for investigation of peptide transport
- The effect of green tea on complications in diabetic rats
- A self-contained wireless modular separation based sensor system

Qing Jiang
- Gamma-tocopherol as an effective anticancer agent for colon cancer
- Translational Research Center for CAM therapy of asthma

Sibylle Kranz
- Childhood obesity prevention program designed by families for families
- Increasing fiber intake in children and measuring consumption of test foods
- Intergenerational resemblance of eating
- Long-term effect of increased legume intake on body weight status and cardiovascular disease risk factors in preschool-age children

Richard D. Mattes
- Acute postprandial and interprandial effects of almonds on insulin, glucose and free fatty acid dynamics in impaired glucose tolerant adults
- Botanicals Center for Age-Related Diseases, year 10
- Food rheology and exercise in aging humans
- Hedonics and dietary intake of fat
- Indiana CTSI (Clinical and Translational Science Institute)
- Interdisciplinary training in signals controlling ingestion and obesity
- Peanut consumption, glycemia, and human weight management
- Pre-ingestive influences on solid and fluid food intake in lean and obese adults

Megan A. McCrory
- Biomarkers of dietary variables commonly misreported
- Clinical pilot studies in obesity/ effects of a high-satiety meal in combination with Alli® on appetite, metabolism, and gut hormones
- Effects of legume consumption pattern on postprandial appetite ratings, energy expenditures, and glycemic and insulimemic responses

Amy R. Mobley
- Indiana’s Food for the Hungry

Stacey J. Mobley
- Biomarkers of dietary variables commonly misreported
- I’ll have what she’s having: similarities in health behavior of married partners

Charles R. Santerre
- Botanicals Center for Age-Related Diseases, year 10
- Consuming fish to reduce mercury intake while optimizing omega-3 fatty acid status

Jon A. Story
- Fat analysis
- Dietary fiber research
- Indiana CTSI (Clinical and Translational Science Institute)

Dorothy Teegarden
- Indiana CTSI (Clinical and Translational Science Institute)
- Interdisciplinary cancer prevention research internship program
- Impact of vitamin D supplementation on strength and lean mass accumulation during an exercise intervention

Connie M. Weaver
- Botanicals Center for Age-related Diseases, year 10
- Calcium metabolism in Mexican American adolescents (Camp Calcium 11)
- The effect of GOS supplementation on calcium absorption and retention and bone properties in growing rats
- Effect of various dietary fibers on calcium metabolism and bone parameters in an ovariectomized rodent model
- Fructooligosaccharide and calcium absorption in adolescent girls
- Indiana CTSI (Clinical and Translational Science Institute)
- Influence of dairy on bone accrual and bone size and fat and lean mass in early pubertal overweight versus healthy weight girls
- Measure calcium kinetics in patients with stage 3/4 chronic kidney disease
- Protective roles of grape-derived polyphenols in Alzheimer’s disease
- Soluble corn fiber and calcium utilization in adolescents
- Supplemental vitamin D and functional outcomes in early adolescence
- Vitamin D potency from enriched yeast and bread
F&N inducts five in Hall of Fame

We love the Hall of Fame! There is nothing like celebrating the success of our alumni. It is truly a celebration of our departmental mission statement, “…to expand the knowledge of food science and human nutrition through research, interpretation and communication.” Our Hall of Fame inductees are a symbol of mission accomplished!

Continuing with a tradition that began in 2005, the Department of Foods and Nutrition inducted five very talented individuals for their contributions to the science of nutrition on May 1, 2009. All five inductees this year are graduates of the Foods and Nutrition Department: Annie Watts Cloncs, April Mason, Patsy Mellott, Sandra Morreales, and Janet Roseland. For more expanded biographical information on awardees, visit www.cfs.purdue.edu/fn/alumni/hall_of_fame.shtml.

Help us identify future Hall of Famers. We know all successful F&N graduates do not stay in touch. So we need you to help us find alumni who should be in the Hall of Fame, but aren’t currently known to the department.

We don’t want to miss worthy candidates because we don’t know about their careers.

Please nominate through Facebook (Purdue Foods and Nutrition Alumni Network), e-mail (troyerm@purdue.edu) or phone (765-494-8228). Tell us his or her name (maiden included, if relevant), what he or she is doing, where he or she is working (or serving) and why you think he or she is a good candidate.

Thank you for your input!

Dining with Diabetes makes impact on Indiana

Diabetes is a major health and financial problem. In Indiana, 8.1% of the population reported that they had been diagnosed with diabetes, compared to the national average of 7.5%.

Purdue CFS Extension works in collaboration with state agencies to educate citizens on the need to prevent diabetes and to help those with diabetes lessen their risk of long-term complications.

Purdue Extension specialists and educators offer the Dining with Diabetes program to help people learn how to prepare the foods they enjoy in a way that reduces calories, fat, and sodium and increase fiber. Changing these nutritional components in a person’s diet will reduce the risk of complications.

During 2008–2009, 12 Purdue Extension educators presented the program 19 times in 12 counties to 253 people, and 70% of the participants completed questionnaires at the beginning and end of the program.

When asked, “What did you enjoy most about Dining with Diabetes?” 45% of respondents indicated that they enjoyed seeing food prepared, tasting the food and receiving recipes to assist them in preparing the same foods at home. When asked about new things they had learned, 17% reported learning about nonnutritive sweeteners, and 26% reported estimating portion sizes using “The Plate Method.” Another 14% expressed surprise at learning that there was such a variety of healthy foods for diabetics that tasted good.

The Dining with Diabetes program was thoroughly revised in June 2009 to reflect current advances in diabetes nutrition education while taking into consideration today’s busy lifestyle. More than 40 extension educators were trained.

Task force members include Jackie Baumann, Putnam County; Kristi Henry, Jay and Blackford Counties; Holly Murray, Franklin County; Laura Mueller, Tippecanoe County; Linda Reynolds, Vermillion County; Karen Richey, Marshall County; Linda Souchon, Johnson County; Edie Sutton, St. Joseph County; Beth Switzer, Hendricks County; Susan Tharp, Clinton County; Georgia Wagner, Wayne County; and Bill Evers, Donna Vandergraff, and Laura Palmer from Purdue University.
New phone app offers fish information

Information about safe fish consumption for sensitive populations, such as pregnant and nursing mothers, is available from a variety of Purdue University sources, including an iPhone application, Web site, and a wallet card.

“We’re motivated to assure babies are healthy, so our goal is that women eat fish and that they make the best decisions to obtain the proper nutrients and avoid pollutants,” reported Dr. Charlie Santerre of this department.

“Safe seafood consumption can be confusing when trying to remember which fish are safe to consume and at what frequency. Our preliminary data suggests that the wallet card encourages women to eat more seafood in part by alleviating their fears of contaminants, but also by providing credible information.”

The new iPhone application is causing quite a bit of interest. “Women can look up information while they are shopping or eating in a restaurant,” says Santerre.

For more information about fish that are low in pollutants and fish that are high in Omega-3 fatty acid content, check out the Web site at www.fish4health.net. This site will also give you information about the iPhone applications and how to use the mobile phone Web site features. Fish for health!