

Minnesota Academy of Nutrition and Dietetics
Annual Meeting Speaker Resumes
2022

Melinda Boyd, DCN, MPH, MHR, RD, FAND

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EDUCATION

Rutgers, The State University of New Jersey, School of Health Professions,
Graduate Programs in Clinical Nutrition, 2018

Doctorate of Clinical Nutrition

Pilot Research Study: Research Interest and Research Involvement Among US Registered Dietitians; January 2015

Clinical Residency: Gastroenterology at Woodholme Gastroenterology Associates; Polycystic Ovary Syndrome and Metabolic Disorders at Johns Hopkins School of Medicine, Division of Endocrinology, Diabetes, and Metabolism; January-August 2016

Advanced Practice Case Study: Polycystic Ovary Syndrome, Infertility, and Nutrition; January 2017

Final Research Study: Characteristics and drivers of the registered dietitian nutritionist's sustained involvement in clinical research activities: A mixed methods study

University of Oklahoma, 2011

Master of Human Relations

Internship: Mentor for new faculty at Kaplan University, School of Health Sciences

Internship: Advancement Via Individual Determination tutor for 6-12th graders at American School, Lajes Air Field

University of Nevada, Las Vegas, 2008

Master of Public Health, Epidemiology

Professional Paper Title: Review of Current Research on Diet and Exercise in Reducing the Symptoms of Metabolic Syndrome

Cedar Crest College, Allentown, PA, 2003

B.S. Nutrition

Muhlenberg College, Allentown, PA, 2002

B.S. Biology

INTERNSHIP

Sodexo Mid-Atlantic Dietetic Internship, Baltimore, MD, 2004

Participated in weekly classes on various nutrition related topics. Completed a nine-week food service rotation including tray line and meal service, cafeteria management, catering and financial management. A 16-week clinical rotation included providing medical nutrition therapy for a variety of disease states including diabetes, HIV, renal and cardiac. Completed assessments, calculated enteral and parenteral feedings, and worked within a multidisciplinary team. A five-week community nutrition rotation included visits to WIC, outpatient clinics,

Moveable Feast, Cooperative Extension, and Johns Hopkins Bayview Weight Management Center. Elective rotations allowed for other experiences.

ADDITIONAL NUTRITION TRAINING

Residency for Doctor of Clinical Nutrition, Johns Hopkins University School of Medicine, Division of Endocrinology and Metabolism, June 2016-July 2016 (4 weeks)

Focus of residency was on clinical nutrition related to polycystic ovary syndrome (PCOS). Observation with physicians occurred in the areas of sex hormone disorders (including PCOS), diabetes, lipid disorders, and reproductive endocrinology. This included the development of advanced level practice skills related to the management of a patient with PCOS and other conditions relevant to women's health.

Residency for Doctor of Clinical Nutrition, Woodholme Gastroenterology Associates, February-May 2016 (6 weeks)

Focus of residency was on clinical nutrition related to various gastrointestinal disorders. This included gastroesophageal reflux disease, irritable bowel syndrome, and inflammatory bowel disease. This included the development of advanced level practice skills related to the management of gastrointestinal disorders.

Nutrient Rich Foods Media Training, January 2009

Participated in media training for the topic of nutrient rich foods. This training included general media training for print and television media.

Goodwill Dietetic Tour of China, June 2005-July 2005

Studied the nutrition practices and customs in the People's Republic of China Beijing, Xian, Chengdu, Chongqing, Yangtze River, Shanghai. Toured hospital facilities, including Traditional Chinese Medicine hospitals and pharmacies.

EMPLOYMENT HISTORY

Health Promotion Dietitian

Ellsworth AFB, SD

September 2018-December 2020

- Time is spent 50/50 between clinical outpatient tasks and community-based health promotion.
- Provide one-on-one counseling for a variety of conditions including weight management, diabetes, GI disorders, hyperlipidemia, hypertension, and pediatrics.
- Teach monthly classes and prepare diet education materials as part of a weight management program.
- Participate in improving the nutrition landscape of the base community.
- Provide support for nutrition related topics, weight management, and disease prevention for active-duty military units.
- Brief bi-monthly at OB orientation.
- Work with the commissary by offering monthly tours, informational booths, and recipe tastings.
- Attend meetings and brief community leaders as required.
- Collaborate with disease management team.

Dietitian (locum)

Ipswich Hospital, Suffolk, UK

February 2018-June 2018

- Worked as a community dietitian in Band 5 and Band 6 adult clinics as needed, completing both initial assessment and follow up visits and providing education as necessary.
- Regularly covered head, neck and throat cancer ward as part of a multi-disciplinary team covering radiotherapy patients.
- Consulted on other radiotherapy and chemotherapy patients as requested by the oncology ward.
- Conducted oral nutrition supplement reviews via telephone at care homes, private residences, and for oncology patients.

Departmental Student Assistant

Rutgers, The State University of New Jersey, School of Health Professions,

Graduate Programs in Clinical Nutrition

January 2013-May 2013

Online

- Completed various tasks for the department and assisted with management of data related to student and faculty publications, presentations and accomplishments.
- Updated department Facebook page.
- Submitted departmental kudos for inclusion in school newsletter.
- Managed data related to student and faculty publications and presentations.
- Completed other tasks as assigned.

Competent Professional Authority, Registered Dietitian

Women, Infants and Children (WIC) Overseas

March 2012-July 2015

Misawa Air Base

- Provided general, age based and life cycle appropriate nutrition counseling for pregnant women, postpartum women, women breastfeeding, infants, and children up to age 5 years that qualified for supplemental nutrition services.
- Completed basic administrative tasks as needed.
- Obtained heights and weights, and monitored the growth of participants.
- Discussed the program with new participants and explained the process for using drafts at the local commissary.
- Completed telephone consults and proxy grocery shopping for out of area participants.
- Wrote newsletter articles, developed class lesson plans, provided community outreach, read children's books at the library and hosted events in local schools.
- Completed other duties as assigned.

In a Nutshell Nutrition, A Nutrition Guidance Company

Owner

December 2011-Present

Telehealth; Rapid City, SD; Thetford, England; Misawa Air Base, Japan

- Weight management and diabetes one-on-one and family counseling. Provide nutrition counseling services in a variety of other areas including maternal/infant nutrition and vegetarian nutrition.
- Recipe analyst for cookbooks. Provide nutrition statistics for calories, fat, saturated fat, carbohydrates, fiber, sugar, and protein. As needed perform additional tasks related to designation of recipes for categories like “healthy” and “vegan”. Review and fact check for accuracy of nutrition-based information provided by cookbook authors. Provided nutrition counseling services to military and DoD families stationed at Misawa Air Base.
- Offered specialty services including grocery store tours and pantry makeovers.
- Maintained social media presence.

Online Tutor

December 2010-August 2012

www.tutor.com

- Approved to tutor students in elementary math, middle school math, algebra, social studies, basic science and high school biology.
- Provided online homework assistance in real time with students.
- Developed communication skills in a variety of age groups, as well as skills needed to provide proper assistance consistent with best practices in an educational setting.

AVID Tutor (Advancement Via Individual Determination)

November 2009-June 2011

Lajes Elementary/High School, Lajes Field, Azores, Portugal

- Tutored both middle and high school students in all subjects.
- Attended classes with students enrolled in AVID to assist in note taking, test preparation, and general observation. These students are on a college preparation track and focus is also given to SAT testing and completing college applications.
- Arranged and chaperoned community service projects.

Substitute Teacher

September 2009-June 2011

Lajes Elementary/High School, Lajes Field, Azores, Portugal

- Served as a substitute teacher at the American school on Terceira serving military and DoD dependents.
- Provided basic teaching in the classroom on topics depending on the comfort level of the absent teacher. Most often substituted in math and sciences at high school level.

Outpatient Dietitian

January 2009-June 2009

Pediatric Gastroenterology and Nutrition Associates

Las Vegas, NV

- Provided outpatient counseling in office once per month. Met with patients depending upon their needs. Included home PEG fed children, Crohns, colitis, celiac disease and poor growth.
- Completed calories counts on patients utilizing software to assess if needs were being met.

Clinical Dietitian, Medical Nutrition Therapist

November 2004-June 2009

Sunrise Hospital and Medical Center, Sunrise Children's Hospital

Las Vegas, NV

- Worked as both an inpatient and outpatient dietitian in a 700 bed facility.
- Provided outpatient nutrition counseling for various disease states and for weight loss.
- Taught the nutrition portion of diabetes classes.
- Spoke in the local community and to corporate groups on nutrition topics, including high school students.
- Provided nutrition counseling as part of the renal transplant team.
- Provided staff relief when needed, covering all units of the hospital, including cardiac, intensive care, trauma, oncology, renal, and pediatrics.
- Completed assessments on at risk patients, utilizing the nutrition care process.
- Acted as a preceptor for dietetic interns.
- In November 2008 moved into inpatient only position and exclusively covered the cardiovascular thoracic unit, intermediate care, pediatric oncology, general pediatrics and pediatric intensive care.

TEACHING EXPERIENCE

South Dakota State University

November 2020-Present

Online Instruction

- Adjunct Professor teaching both graduate and undergraduate courses.
- Developed course content for NUTR760 Vitamins and Minerals. This is offered as a course through Great Plains IDEA. Students in this course come from multiple graduate programs in this region. Students are primarily dietitians and dietetic interns.
- Taught NUT315 Human Nutrition. This course is taught to primarily pre-nursing students with some exercise science and other pre-healthcare field students.

Cedar Crest College

January 2019-Present

Online Instruction

- Assistant Professor in the online Master in Nutrition program.

- Developed MHS613 Nutrition and Non-communicable Diseases (NCDs) and MHS 621 Applied Sports Nutrition.
- Graduate courses taught include Nutrition and Non-communicable Diseases (NCDs), Evidence Analysis, Health Policy and Advocacy, and Cultural Competency and Ethics.
- Internship faculty member teaching Medical Nutrition Therapy course for dietetic interns both on- and off-site. Grade evidence analysis and case study projects submitted by dietetic interns.
- Help develop projects and assessment of dietetic interns.
- Facilitate student discussions and grade projects as assigned.
- Participate in department meetings.

Logan University

August 2018-Present

Online Instruction

- Adjunct Faculty in the Doctorate of Health Professions Education program.
- Facilitate weekly student discussions and grade projects as assigned.
- Currently teaching HLTE06201 Clinical Outcome Development and Performance Assessment (4 credit course). Revised this course in 2021.
- Served as coverage in Nutrition Department when faculty member was on maternity leave. Covered NUTR6301 Geriatric Nutrition, NUTR5202 Lifecycle Nutrition, and NUTR6201 Nutritional Science.

University of Maryland Global Campus

May 2010-Present

Online Instruction

- Serve as Adjunct Associate Professor for online nutrition course designed as a science elective for non-majors.
- Participate in course design, including the syllabus and all course materials, projects and grading rubrics.
- Teach NUTR100 as both an online only (asynchronous) and hybrid (Zoom synchronous class) version of the course.
- Assisted in further developing nutrition courses within the department.
- Completed intensive online training for course design within this universities platform for delivering courses, which included review of proper techniques for administering online education.
- Assisted in the development of an adaptive pilot course for a new learning transformation for NUTR100.
- Serve as a mentor for new and inexperienced faculty members.
- Assisted in the development of course work to replace assignments affected by the closure of the USDA's SuperTracker tool.
- Past courses include NUTR200 and 1 credit BIOL elective.

Purdue University Global (formerly Kaplan University Online)

June 2008-December 2018

- Served as Adjunct Professor for the School of Health Sciences.

- Facilitated course discussion.
- Provided relevant materials.
- Participated in audio seminar presentation weekly.
- Courses include the BS in Nutrition Science Capstone Course (NS499) and Nutritional Assessment (NS310). In the past taught Medical Terminology (HS111), Nutrition Management and Planning (NS220), Nutrition Assessment and Planning (NS270), and Nutrition for Special Populations (NS335) for greater than one year. Courses taught less than 1 year include Sports Nutrition (NS425).
- Attended department meetings utilizing multiple forms of technology.
- Served as experiential learning reviewer for student portfolios in health and wellness courses.
- Served as a mentor for new nutrition science faculty.
- Served as a member of the Institutional Review Board.

SAT Math tutor

February 2011-April 2011

- Helped in preparation for math portion of SAT exam.
- Reviewed basic math skills and those needed for the math portion of the exam, including word problems.

English Tutor

September 2010-December 2010

- Tutored in English language grammar for local Portuguese student seeking college education in United States. Also included SAT preparation for English portion and essay writing for this exam.

University of Nevada, Las Vegas

June 2007-December 2008

- Served as a part-time adjunct instructor for the nutrition department.
- Taught NUTR 121-Human Nutrition.
- Teaching tasks included face to face class lectures, facilitating student discussions, administering exams, and grading assignments.
- Utilized online component to aid in class instruction and communication.

FREELANCE EMPLOYMENT

Recipe Analyst

October 2011-Present

- Provide recipe analysis for cookbook recipes to include calories and macronutrient information.
- Review recipes for potential preparation errors or missing information relevant to the analysis process.
- Maintain up to date nutrition analysis software.
- Serve as a nutrition content expert and review nutrition context in books for accuracy.
- Project management for large recipe analysis projects, overseeing multiple dietitians analyzing recipes and checking for accuracy in content.

PROFESSIONAL CREDENTIALS/CERTIFICATIONS

Licensed Dietitian, South Carolina; October 2020-Present
ServSafe Food Handler, Expires April 24, 2023
Licensed Dietitian, South Dakota; July 2018-Present
Certification in Advanced Recipe Calculation; Nutritics, March 2018
Certificate of Training in Adult Weight Management, Level 2; Commission on Dietetic Registration, October 2017
Registered Dietitian, The Health and Care Professions Council (UK), September 2016
Certificate of Training in Adult Weight Management, Level 1; Commission on Dietetic Registration, December 2006
Registered Dietitian, Commission on Dietetic Registration (US), September 2004

AWARDS/HONORS

Service Award, International Affiliate of the Academy of Nutrition and Dietetics, 2020
Dean's Award of Excellence for Outstanding Service Performance; Rutgers School of Health Professions- Doctorate in Clinical Nutrition Program, 2018
Liberty Spouses Association, Volunteer of the Quarter (4th quarter), 2017-2018
Grand Prize Winner "Sweet Bites Challenge" Recipe Contest; Food and Culinary Dietetic Practice Group, 2018
Professional Achievement Award; University of Maryland University College, 2017
Outstanding Dietitian of the Year, American Overseas Dietetic Association/International Affiliate of the Academy of Nutrition and Dietetics, 2017
Commission on Dietetic Registration Doctoral Scholarship Recipient, 2017
Tribase Spouses Scholarship Recipient (RAF Lakenheath), 2017
Rutgers School of Health Professions Merit Scholarship, 2015
Patsyjane O'Malley Memorial Scholarship Recipient, 2012, 2013, 2015
Key Spouse of the Year, 35 MXS and 35 Fighter Wing, Misawa Air Base, 2013
Recognized Young Dietitian of the Year, American Overseas Dietetic Association, 2013
Rutgers University, Graduate Programs in Clinical Nutrition Department Scholarship, 2013
Recognized Young Dietitian of the Year, Nevada, 2009
Phi Kappa Phi, Honor Society, UNLV, 2008

ORAL PRESENTATIONS/SPEAKING ENGAGEMENTS/WEBINARS

Shedding Pounds in the Pandemic: A Dietitians' Perspective presenting during Quarantine
Weight Gain: A Pandemic Phenomenon; Nutritionist-Dietitians Association of the Philippines Visayas Regional Congress, September 2021
Delivering Culturally Appropriate Patient Care; Arizona Academy of Nutrition and Dietetics Annual Conference, June 2021
The Weight Management Rollercoaster; Nutritionist-Dietitians Association of the Philippines Pre-Convention Workshop, February 2021
Nutritionist Dietitian Practices in the New Norm; NDAP Qatar Chapter 2nd General Assembly Webinar, January 2021
Diversity, Inclusion and Culturally Appropriate Care: Advancing the Profession, South Dakota Academy of Nutrition and Dietetics Annual Meeting Webinar, September 2020

Global Food and Nutrition Resource Hub, Academy of Nutrition and Dietetics Foundation, June 2017
Nutrition and Cancer Management, Sinai Hospital, Alvin & Lois Lapidus Cancer Institute, October 2015
Diabetes Class (nutrition briefing), Misawa Air Base, 2013-2014
Healthy Eating for Kids, Daisy Scouts Misawa Air Base, January 2013
Eat Right with Color, HAWC Talk (U.S. Air Force) Radio Show, Lajes Field, Azores, Portugal, Radio Interview, March 2011
Healthy Cooking Class, National Nutrition Month, Eat Right with Color Meals, sponsored by the HAWC, Lajes Field, Azores, Portugal, March 2011
Vegetarian Nutrition, HAWC Talk (U.S. Air Force) Radio Show, Lajes Field, Azores, Portugal, Radio Interview, October 2010
Eating for Disease Prevention, Panel Member, Topic: Meatless Meals, Kaplan University Interactive Webinar, Get Healthy Health Sciences Campaign, July 2010, <https://admin.acrobat.com/a769721248/p99021543/>
Eating on The “Stop” and “Go” – Tips for Making the Best Food Choices While Working in the Virtual Environment, Kaplan University Interactive Webinar, Get Healthy Health Sciences Campaign, July 2010, <https://admin.acrobat.com/a769721248/p66584548/>
Healthy Cooking Class, National Nutrition Month, Quick and Easy Vegetarian Meals, sponsored by the HAWC, Lajes Field, Azores, Portugal, March 2010
Vegetarian Nutrition, HAWC Talk (U.S. Air Force) Radio Show, Lajes Field, Azores, Portugal, Radio Interview, November 2009
Going Vegetarian, Heath Line 3, KVBC, Las Vegas, News Interview, March 2009
The Truth About Fad Diets, Sunrise Hospital and Medical Center, The Breast Center, April 2008
Eating Right for a Busy Lifestyle, Bank of Nevada, Multiple Presentations, June 2007-July 2007
The Truth About Fad Diets, Sunrise Hospital and Medical Center, April 2007
Food as a Preventive Medicine, Las Vegas Senior Lifeline, July 2005

PUBLICATIONS

Boyd M, Gall SB, Rothpletz-Puglia P, Parrott JS, King C, Byham-Gray L. Characteristics and drivers of the registered dietitian nutritionist’s sustained involvement in clinical research activities: A mixed methods study. *J Acad Nutr Diet.* 2019;119(12):2099-2108.
Boyd M, Ziegler J. Polycystic ovary syndrome, fertility, diet, and lifestyle modifications: A review of the current evidence. *Top Clin Nutr.* 2019;34(1):14-30.
Boyd M. (2018). *Dietary Interventions for the Prevention and Treatment of Prostate Cancer.* [Online]. Available at <http://www.nutritiondimension.com>
Boyd M, Byham-Gray L, Touger-Decker R, Marcus AF, King C. Research interest and research involvement among US registered dietitian nutritionists. *Top Clin Nutr.* 2016;31(3):267-277.
Boyd M. Vegetarian diets in pregnancy and lactation. *Vegetarian Nutrition Update.* Volume XXVIII, Number 1, 2016.
Boyd M. (June 18, 2015). Sushi basics. The Academy of Nutrition and Dietetics website. <http://www.eatright.org/resource/health/lifestyle/culture-and-traditions/sushi-basics>
Boyd M. International travel as a vegetarian. *Vegetarian Nutrition Update.* Volume XXII, Number 3, 2014.
Boyd M. Think global, act local- Best practices around the world: Food and nutrition member shares her experience with WIC Overseas. *American Public Health Association, Food and*

Nutrition Section Newsletter. Fall 2013.

<http://action.apha.org/site/DocServer/EDITEDFNFall2013.pdf?docID=6224>

Boyd M. The role of supplemental chromium on glucose intolerance and insulin resistance.

Topics in Clinical Nutrition. 2013; 28(2):171-180. doi: 10.1097/TIN.0b013e31828d7bb1

Contributing Author at Stone Soup, <http://www.foodandnutrition.org/Melinda-Boyd/>

(November 2012-Present)

Boyd M. *Train Your Brain to Get Thin*. Avon, MA: Adams Media; 2013.

Contributing Author at The Good Calorie, www.thegoodcalorie.com (August 2012-June 2013)

Eat Well Japan, iTunes and Blackberry Application, Eat Well Global, June 2012

Sember B & Boyd M. *The Muffin Tin Cookbook*. Avon, MA: Adams Media; 2012.

BOOK REVIEWS

Hess MA. *Review of dietetics: Manual for the registration examination for dietitians 2020-2021 Edition*. Culinary Nutrition Publishing LLC; 2020.

POSTER PRESENTATIONS

Myers E, Hakeem R, Bdour N, Kour T, Atayata F, Tashtoush S, Bicer NC, Sakar S, Erginbas C, Kahill R, Herrera M, Boyd M. Middle East Dietetics Needs Assessment: Identifying opportunities for future collaborative activities. Poster session presented at: Food and Nutrition Conference and Expo 2017. Academy of Nutrition and Dietetics. 2017 Oct 22. Chicago, IL.

Boyd M. Gastric bypass surgery and nutritional support: A case study. Poster session presented at: Malaysian Dietitians' Association and American Overseas Dietetic Association conference, Translating evidence based into skills and competencies. 2016 May 26-28.

Boyd M, Marcus AF, Byham-Gray L, King C, Touger-Decker R. Research Interest and Research Involvement Among US Registered Dietitians. Poster session presented at: Food and Nutrition Conference and Expo 2015. Academy of Nutrition and Dietetics. 2015 Oct 4. Nashville, TN.

Boyd M. A review of the role and implications of herbal galactagogue use to aid in sustaining breastfeeding. Poster session presented at: SPRINT. Malaysian Dietitians' Association Scientific Conference 2013. 2013 Jun 21-23; Kuala Lumpur, Malaysia.

PROFESSIONAL MEMBERSHIPS/AFFILIATIONS/LEADERSHIP POSITIONS

Association of Diabetes Care & Education Specialists, Oct 2020-Present

Dietitians in Medical Nutrition Therapy Dietetic Practice Group, June 2020-Present

Sports, Cardiovascular and Wellness Nutrition Dietetic Practice Group, June 2019-Present

South Dakota Academy of Nutrition and Dietetics Supporter, October 2018-May 2021

Research Dietetic Practice Group, May 2017-Present

Freelance Dietitians Group, British Dietetic Association, December 2016-Present

East England Branch, British Dietetic Association, September 2016-Present

British Dietetic Association, September 2016-Present

Women's Health Dietetic Practice Group, October 2013-May 2016, February 2019-May 2020

Clinical Nutrition Management Dietetic Practice Group, April 2012-May 2016

Food and Culinary Professionals Dietetic Practice Group, January 2012-Present

Weight Management Dietetic Practice Group, November 2010-May 2015, June 2017- present

Vegetarian Nutrition Dietetic Practice Group, November 2010-Present

International Coordinator, July 2011-2018

Nutrition Entrepreneurs Dietetic Practice Group, July 2009-Present
International Affiliate of the Academy of Nutrition and Dietetics (formerly American Overseas Dietetic Association), June 2009-Present
Country Representatives Chair, June 2018-May 2021
Non-Member Services Task Force Chair, October 2017-May 2021
Acting Nominating and Awards Committee Chair, October 2017-May 2018
Past-President, June 2017-May 2018
President, June 2016- May 2017
President-Elect, June 2015-May 2016
Secretary, June 2013-May 2015
Japan Country Representative, June 2013-December 2016
Nominating Committee Chair, September 2010-November 2012
American Public Health Association, May 2008-January 2017
Food and Nutrition Section, Newsletter Co-editor, October 2010-June 2013
Public Health/Community Nutrition Dietetic Practice Group, January 2008-Present
Southern Nevada Dietetic Association, November 2004-June 2009
President-Elect, June 2008-June 2009
Treasurer, June 2006-June 2008
Nevada Dietetic Association, August 2004-June 2009
The Academy of Nutrition and Dietetics, August 2004-Present
Sunshine Club, Sunrise Hospital and Medical Center, Employee Club, 2004-2009
Secretary August 2007-August 2008
General Board Member, August 2006-August 2007

COMMITTEE MEMBERSHIPS

Diversity and Inclusion Committee, Academy of Nutrition and Dietetics, June 2020-Present
South Dakota Academy of Nutrition and Dietetics Annual Meeting Planning Committee Member, December 2018-September 2020
Kaplan University, Institutional Review Board Member, July 2016-December 2018
Vegetarian Nutrition Dietetic Practice Group Research Committee Member, September 2014-September 2016
Student Leadership Council, Rutgers University, School of Health-Related Professions, May 2013-August 2014
Student Leadership Council, University of Medicine & Dentistry of New Jersey, School of Health-Related Professions, August 2011-May 2013
Public Health/Community Nutrition Dietetic Practice Group, Awards Committee Member, October 2010-June 2012
School Review Team, School of Health Science, Kaplan University, 2010-2011
Faculty Curriculum Committee, Kaplan University, 2010-2011
Diabetes and Obesity Committee-Southern Nevada Medical Industry Coalition, 2008-2009
Partners for a Healthy Nevada, 2008-2009

VOLUNTEER SERVICE

Treasurer, Team Ellsworth Spouses Club, RAF Ellsworth AFB, June 2019-Present
Peer Reviewer, Topics in Clinical Nutrition and The Journal of the American Public Health Association, 2017-Present

Philanthropic Treasurer, Liberty Spouses Association, RAF Lakenheath, June 2017-May 2018
Information, Ticket, and Travel Tour Escort, RAF Lakenheath, March 2016-August 2018
Red Cross Volunteer, Registered Dietitian, Misawa Air Base Clinic, August 2013-August 2015
Lead Key Spouse, 35MXS, Misawa Air Base, Japan, February 2013-August 2015
Key Spouse, 35MXS, Misawa Air Base, Japan, November 2011-February 2013

BLOGS

- Contributing Blogger, Stone Soup, Food and Nutrition Magazine, The Academy of Nutrition and Dietetics <http://www.foodandnutrition.org/Melinda-Boyd/>
- Nutrition, Food, Travel and More <http://nutrfoodtrvl.blogspot.com>
- Living at Lajes <http://livingatlajes.wordpress.com>

COMPUTER SKILLS

PowerPoint, Excel, Word, Publisher, ESHA Food Processor, Nutritics, WebCampus, WebCT, Canvas, Pages, Keynote, Numbers, Mac Gourmet Deluxe

NATE CANNON

EDUCATION

Master of Fine Arts in Creative Writing (2018)

Hamline University, St. Paul, MN

Creative non-fiction emphasis with full book length memoir as final thesis • GPA: 3.99/4.0

Paralegal Certificate (2006)

Minnesota Paralegal Institute, Minnetonka, MN

American Bar Association approved post-baccalaureate program • GPA: 3.99/4.0

Bachelor of Arts in Sociology of Law, Criminology and Deviance – Minor: Psychology (2004)

University of Minnesota, Minneapolis, MN

Graduated *cum laude* from the Honors Program • GPA: 3.55/4.0

TEACHING

University of Southern California School of Social Work, Los Angeles, CA, June 2017 – Spring 2021

Supplemental Instructor for the courses: Crisis Intervention and Brief Therapeutic Treatments, Substance Abuse and Addiction, Introduction to Social Work, Working with Youth and Adolescents

University of Minnesota School of Medicine, Fall 2013

Supplemental Instructor for Substance Use Disorders I & II Fall, 2013

Volunteers of America, 2012 – 2013

Class instructor for adolescents with chemical dependency and serious emotional disturbances

Developed course curriculum and lesson plans

Courses taught include: Diversity, Sexuality, Mental Health & Wellness

Relevant MFA Coursework, Composition Theory and Pedagogy, Fall 2014

PUBLICATIONS

Books

Running on a Mind Rewired, SoulBalance Press, 2012. (Published under former legal name)

Used as required course reading at the college and graduate school level

A teaching tool and resource in hospitals and treatment centers around the country

Dying to Hang with the Boys. SoulBalance Press, 2019.

Essays and Magazine Articles

“Out of the Darkness: Suicide Among Older Men.” *Good Age Magazine*, Nov 2019.

“The Lilac Effect.” *Good Age Magazine*, Sept 2019.

“Diving In: The Benefits of Art Through the Lifespan.” *Good Age Magazine*, July 2019.

“The Invisible Man,” *Queer Voices*. Minnesota Historical Society Press, 2019.

“Dying to Hang with the Boys.” Creative Writing Master’s Thesis, Hamline University, St. Paul, 2018.

“Gender Roles and Norms among Adolescent Female Drug Users.” Sociology Honors Thesis, University of Minnesota, Twin Cities, 2004.

PUBLIC SPEAKING AND CONSULTING

Cannon Consulting and Creative Solutions, 2011-Present

Delivered over 250 trainings, lectures and presentations to businesses, government entities, non-profits, and professional conferences around the United States, reaching more than 30,000 people in person since 2012.
Past Clients Include: Medtronic, Science Museum of Minnesota, Primewest Health, Prairie Care

ProCrisis, LLC, 2015-Present

Crisis Intervention Course Training Instructor for Police, Corrections and Other First Responders
Presenter on: Dementia and Aging, Serving the Transgender Community

National Alliance on Mental Illness, 2012-Present

Delivered over 150 educational presentations to law enforcement, healthcare professionals, students, and consumers throughout Minnesota since 2012.
2016 NAMI-Walks Event Kickoff Speaker
2015 State Conference Keynote Panel Speaker

St. Paul Police Department, 2018

Contracted consultant and in-service trainer for Transgender and Gender Non-Conforming Policy.
Conducted formal training sessions to 620 officers.

Guest Lectures:

University of Minnesota: Medical School, School of Occupational Therapy, School of Integrated Behavioral Health, School of Occupational Therapy.
Augsburg College, Carleton College, Saint Mary’s University, St. Thomas University, Gustavus Adolphus and other high schools, colleges, hospitals, treatment centers and organizations throughout Minnesota.

Conferences

Sample conferences include:

2021 Fox Valley Substance Use Disorder Conference Keynote Speaker – Appleton, WI
2019 La Crosse Suicide Prevention Summit Keynote Speaker – La Crosse, WI
2019 Minnesota Social Service Association Conference Breakout Session Speaker – Minneapolis, MN
2018 Transitions Mental Health Association: Suicide Prevention Forum Keynote Speaker – San Luis Obispo, CA
2017 National Police Executive Research Forum: Featured Speaker – St. Paul, MN
2016 Edward Hines VA: Keynote Speaker for LGBTQ Suicide Prevention Event - Chicago, IL
2016 University of Illinois at Chicago: Keynote Speaker for LGBTQ Mental Health Event – Chicago, IL
Visit natecannon.org for a full list.

SCHOLARSHIPS AND AWARDS

National Alliance on Mental Illness-Minnesota

National Education Department Hall of Fame Inductee, 2016
Volunteer of the Year Minnesota State Award Winner, 2015

PFund Foundation Scholarship for the Liberal Arts, 2014

Point Foundation National Scholarship Semi-Finalist, 2014

Board of Director’s Invitee, GLAAD Media Awards in New York City and Los Angeles, 2013

PROFESSIONAL BACKGROUND

7 years experience in healthcare

Dementia Education and Awareness Coordinator, East Side Neighborhood Services, 2018 – 2019

Delivered public presentations for grant funded dementia awareness project designed to help reach the African-American community.

Behavior Analyst, Howry Residential Services, 2018

Worked with clients, IDT, and law enforcement to address barriers to community living for individuals with challenging behavioral expressions from brain injuries, mental illness, chemical dependency, and/or dementia.

Alzheimer's Care Director, Golden Living Center, St. Louis Park, MN – 2015-2017

Created and implemented objectives, policies, and procedures for a large, high behavior dementia unit. Conducted interviews and assessments to support legal, recreational, behavioral and social service needs.

Life Enrichment Manager, Sunrise Senior Living, Golden Valley, MN – 2012-2015

Selected participant and graduate of the Sunrise Leadership Development Group training program. Engaged residents with dementia in life skills, 1:1 visits, small groups and tracked for changes in condition.

Chemical Health Technician, Latitudes / Meridian Behavioral Health, St. Paul, MN- 2013-2014

Assisted with development and implementation of policies and procedures for a 20 bed LGBT MI/CD facility.

Resident Counselor, Omegon, Inc./Volunteers of America, Minnetonka, MN

Facilitated groups, administered medications, and provided behavior management for adolescents with dual diagnoses in a trauma informed care setting; wrote review reports and discharge summaries.

3 years experience in law

Paralegal and Litigation Support Specialist: Managed client relationships for 23 age discrimination suits brought by television writers, a civil rights case brought by hostages of the Gulf War, and a large sexual harassment class action. Conducted document productions on a \$100 million Hurricane Katrina insurance dispute and prepared exhibits for a \$200 million Ponzi scheme case.

Writer, Star Tribune, Minneapolis, MN 2008

Wrote game summaries and prepared box scores for high school sports.

Certifications:

Certified Dementia Care Specialist (DCS), Dementia Care Practitioner (CDP), REST Program Trainer (Respite Education and Support Tools) for caregivers. CPR & AED Certified.

VOLUNTEER EXPERIENCE

Minnesota Historical Society, St. Paul, MN 2019

Featured in the "Storied" series on the 50th anniversary of Stonewall.

Science Museum of Minnesota, St. Paul, MN, 2017-2019

Featured story in the "Mind Matters" exhibit on mental illness. Photo and quote advertised throughout Minnesota in print and digital media.

Training to Serve, St. Paul, MN 2016-2017

Board of Directors, helping educating healthcare providers about the needs of aging LGBT adults.

Hennepin County JDC and Office of Diversity and Inclusion, Minneapolis, MN, 2015 – 2017

Policy consultant on transgender sensitivity and inclusivity.

Dystonia Medical Research Foundation, Chicago, Illinois, 2009 – 2012

Instrumental in launching the 'Dystance4Dystonia' program for dystonia awareness and research.

Nina Current, MS, RD, LDN

PROFESSIONAL EXPERIENCE:

Sodexo/Abbott Northwestern Hospital, Minneapolis, MN

Clinical Dietitian II

June 2016-present

- Provide evidence-based MNT in 660-bed urban hospital; unit coverage currently includes neuro ICU, neuro med/surg, and mental health units; past units include med/surg ICU, oncology, cardiac surgery, spine surgery, mother/baby
- Prescribe, manage, and transition nutrition support for critical care and non-critical care patients
- Place feeding tubes using electromagnetic technology (CorTrak) and supervise new trainees on placements
- Convene multidisciplinary teams to determine complex nutrition care plans
- Create nutrition programming and education pieces for mental health group therapy sessions
- Develop practice guidelines for mental health nutrition therapy, and for working with trans and non-binary patients
- Initiate ketogenic diet protocols for adult super-refractory status epilepticus patients
- Co-create and lead programming for Employee Resource Group focused on mental health, addiction, and disabilities
- Precept 4 dietetic interns per year; provide orientation for clinical rotations for new interns
- Train multidisciplinary team on Healthy Work Environment (HWE) language and communication
- Serve as data analyst for nutrition staff and CNM; create and maintain several MS Excel tracking systems

Holy Cross Hospital, Silver Spring, MD

Clinical Dietitian

November 2014-May 2016

- Provided evidence-based MNT in 440-bed suburban hospital; unit coverage included surgical/neuro ICU, medical ICU, intermediate care, cardiac, oncology, med/surg, renal, diabetes/gestational diabetes, and geriatrics
- Prescribed EN and PN to critical and non-critical patients; wrote standard and custom CPN and PPN prescriptions for macro- and micronutrients
- Trained dietetic interns, set intern rotation schedules, and precepted intern case studies
- Managed interdisciplinary Nutrition Committee for Holy Cross and Holy Cross Germantown hospitals
- Served as nutrition liaison on P&T Committee; guided PharmD student in PN usage study
- Lead interdisciplinary team in creating parenteral nutrition policy and competency program for the hospital
- Co-developed triage policy for patient coverage during severe dietitian staffing shortages

Kelly Government Solutions, Bethesda, MD

Clinical Research Coordinator at National Institutes of Health Clinical Center

October-November 2014

- Provided evidence-based MNT in 220-bed research hospital for variety of in-patient units
- Counseled patients in nutrition strategies for special diets, including diet advancement after intestinal surgery, low- and high-potassium diets, and symptom management during chemotherapy and stem-cell transplant

National Institutes of Health, Bethesda, MD

Dietetic Intern: 10-month internship with focus on clinical nutrition and clinical nutrition research

August 2013-June 2014

Selected Nutrition Therapy Experiences:

- Gained proficiency in MNT; unit experience included oncology, stem cell transplant, infectious diseases, endocrine disorders including diabetes, mental health and alcohol dependency, weight management (gain and loss)
- Prescribed and monitored nutrition support for patients in medical ICU, Burn ICU, and oncology units
- Provided 4 weeks of staff relief, focusing on stem cell transplant, GVHD, GI surgery, oncology, and infectious diseases

Selected project work:

- Researched and presented case study on patient undergoing stem cell transplant
- Summarized nutrition support guidelines for burn patients in the ICU to NIH dietitians
- Developed comprehensive patient education material for dietary guidelines after an esophagectomy

Simmons College, Boston, MA

Research Assistant

August 2012-July 2013

Brigham and Women's Hospital, Center for Clinical Investigation, Boston, MA

Diet Technician

June 2011-September 2012

Simmons College, Boston, MA

Graduate Assistant

September 2010-June 2011

VOLUNTEER EXPERIENCE:

CDR RD Exam Development

November 2018, February 2020, August 2020

Wrote and reviewed items for clinical and food science portions of RD exam; reviewed and updated RD exam specifications based on 5-year Practice Review

Angel Foundation Winter Retreat

February 2019

Co-facilitated adult and child nutrition groups focused on healthy nutrition and food safety during and after cancer treatment.

Presenter: Life by Design Annual Training

June 2018

Presented general nutrition information and resources for employees to better speak about nutrition with their clients.

Pete & Jen's Backyard Birds, Concord, MA

October 2010-July 2013

Processed chickens and turkeys for sale at the local farm using HACCP guidelines to ensure proper food handling and safety.

LICENSURE/CERTIFICATIONS:

CDR-certified Registered Dietitian Nutritionist

August 2014-present

Minnesota State Licensed Dietitian Nutritionist

June 2016-present

ServSafe Certification

October 2016-present

EDUCATION:

National Institutes of Health, Clinical Center

Dietetic Internship (accredited by ACEND)

2013-2014

Simmons College, Boston

M.S. in Nutrition and Health Promotion

2013

Didactic Program in Dietetics (accredited by ACEND)

2013

Carleton College, Northfield, MN

B.A. in Mathematics

2003

MEMBERSHIPS:

Academy of Nutrition and Dietetics, August 2010-present

- DPGs: Dietitians in Nutrition Support, Dietitians in Functional Medicine, Behavioral Health

American Society of Parenteral and Enteral Nutrition (A.S.P.E.N.), 2013-2016, 2021

PUBLICATIONS:

Brown, L.S., & Current, N.C. (2011). Not so sweet: fructose malabsorption. *Today's Dietitian*, 13(9): 70-76.

Current, N.C. (2012). List of phytonutrients and food sources. In S. Edelstein (Ed.) *Food Science: An Ecological Approach*, online lab manual.

Colley, D, Cines, B, Current, N, et al. (2015). Assessing Body Fatness in Obese Children and Adolescents: Alternative Methods to Dual-Energy X-ray Absorptiometry. *The Digest: Newsletter of the Research DPG*, 50(3): 1-7.

SOFTWARE & TECHNICAL SKILLS:

Advanced skills in MS Excel (used in data analysis projects at every position listed above). Proficiency with MS Office suite.

Proficiency with electronic medical record software (Epic, CRIS, Cerner), diet analysis software (ProNutra, ESHA, NDSR), and statistical software (SPSS, SAS).

Bio:

Nina Current, MS, RD, LD started her career in dietetics in August 2014. She has a BA in Mathematics from Carleton College in Northfield, MN and a MS in Nutrition and Health Promotion from Simmons University in Boston, MA. She discovered her passion for clinical nutrition during her internship at the National Institutes of Health, and has worked in the hospital setting her entire nutrition career. She currently works at Abbott Northwestern Hospital covering the Neuro ICU, Neuro Med/Surg, and Mental Health units (pediatric and adult). Her professional interests include nutrition for brain and mood health, integrative medicine and nutrition, critical care nutrition, and combating stigma surrounding mental health and neurological disease in and out of the healthcare setting. When not working, Nina enjoys cooking, playing hide-and-seek with her cats, and spending time with her pet tortoise, Titus.

Prior speaking experience:

- Poster presentation with fellow interns at DCMAND (DC's AND chapter) meeting – *2014*
- Nutrition and Health (general knowledge and myth busting for non-dietitian professionals working in social services) – *2018*
- Nutrition for Neuro Patients (quarterly presentation to new RNs on the unit about dietitian's role on the interdisciplinary team) – *2019 to present*
- Presenting newly developed mental health nutrition practice guidelines at All Allina RD meeting – *2021*
- Lunch-and-Learn presentations to hospitalist teams at multiple hospitals re: malnutrition assessment by RD, demonstrating the nutrition focused physical exam, why PPN over TPN for short term PN needs – *various*

Anna Gustafson, RDN



[Redacted]



[Redacted]



[Redacted]

Summary

Registered dietitian striving to improve our food system with sustainable ingredients and practices. Acting as a liaison between R&D and Marketing departments to communicate technical information to consumers in a digestible way. Always curiously finding new ways to develop innovative, nutritious products.

Also, an advocate for improving food access, eradicating weight stigma, and providing weight-neutral healthcare. Helping you remove the guilt/shame around food choices.

Experience

Nutrition & Content Specialist

PURIS

Sep 2020 - Present (1 year 1 month +)

- Act as a liaison between the Research & Development and Marketing teams at PURIS.
- Collaborate with the Sales team to provide technical support and product recommendations to customers.
- Develop benchtop formulas using PURIS products and perform analytical testing.
- Provide nutrition expertise to guide product development and content creation.

Research And Development Intern

PURIS

Mar 2020 - Sep 2020 (7 months)

Dietetic Intern

Sodexo

Jul 2019 - May 2020 (11 months)

Completed 1200 hours of supervised practice in various nutrition roles: clinical, food service management, leadership, and community.

Shift Lead and Guest Services Representative

Nothing Bundt Cakes

Mar 2014 - Mar 2020 (6 years 1 month)

Performance Nutrition Assistant

UW-Madison Athletics

Jan 2018 - May 2019 (1 year 5 months)

Education



University of Wisconsin-Madison

Bachelor's Degree, Dietetics, Certificate in Entrepreneurship

2015 - 2019



Copenhagen Business School

Jun 2018 - Aug 2018

Recipient of a competitive, fully-funded scholarship to CBS through the Brittingham Viking Organization.

At CBS, I studied international business and risk management for a summer term. An all-encompassing experience with alumni hosts all through the Nordics.



Eden Prairie High School

2011 - 2015

Licenses & Certifications



ServSafe Manager - National Restaurant Association

Issued Dec 2018 - Expires Dec 2023



Registered Dietician (RD) - Commission On Dietetic Registr

Issued Aug 2020 - Expires Aug 2025

RDN

Skills

Teamwork • Nutrition • Food & Beverage • Social Media • Marketing • Food Science • Nutrition Education • Product Development • Microsoft Office • Leadership

Honors & Awards



Dean's List Spring 2016, Fall 2016, Spring 2017, Spring 2018, Fall 2018, Fall 2019

May 2019

Obtained a semester GPA of 3.50 or higher.



Middelboe-Kellner Scholar - Brittingham Viking Organization

Dec 2017

Laura Strait, MS, RD, LD

Education

Benedictine University, Lisle, IL
Master of Science, Nutrition and Wellness
Dietetic Internship, December 2013

University of Wisconsin-Madison, Madison, WI
Bachelor of Science, December 2011
Major: Nutritional Sciences

Work Experience

Open Arms of Minnesota, Minneapolis, MN

Director of Nutrition Programs

- Oversee the operations of the Nutrition Services department, ensuring clients receive the highest quality services. Evaluate program efficacy, client satisfaction, and develop and maintain systems for revenue generation for nutrition programs.
- Direct the Nutrition Services department in identifying, maintaining, and monitoring the nutritional needs of clients in accordance with the mission and goals of the agency.
- Oversee all aspects of nutrition services provided to clients, including nutrition analysis of menus, nutrition counseling, and education procedures.

Fruit Street Health, Greater Minneapolis St. Paul area, MN

December 2020 - present

Registered Dietitian Lifestyle Coach

- Independently contracted to facilitate Fruit Street's innovative and interactive CDC-recognized Diabetes Prevention and Weight Loss Program via telehealth, live group video conferencing, wearable devices, and mobile applications.
- The Diabetes Prevention Program is a 1-year long diet and lifestyle intervention designed to help pre-diabetic patients lose 5-7% of their weight through diet and lifestyle changes.

The Aliveness Project, Minneapolis, MN

June 2018 – present

Nutrition and Wellness Programs Director

- Provide oversight and support of the medical nutrition therapy, integrative therapies, food shelf, and meal programs with direct supervision of three managers.
- Support adherence to universal and program-specific Ryan White service standards; participate in reporting and site visits on behalf of these standards
- Support the creation and implementation of nutrition and food program related policies and procedures.
- Work to improve access to food and nutrition services statewide.
- Support agency level strategic planning initiatives, implement quality improvement strategies, and document and report on key program indicators.

Cynthia Chow and Associates, Greater Minneapolis – St. Paul area, MN

October 2016 – June 2018

Consultant Dietitian

- Provide consultation for food service and clinical nutrition needs of senior living facilities in the Twin Cities metro area.

Volunteers of America, Anoka, MN

August 2015 – January 2018

Registered Dietitian

- Utilize the nutrition care process in both practice and documentation at the Anoka Living and Rehabilitation Center
- Assess nutritional needs, develop and implement nutritional care plans, evaluate and report the results.
- Communicate orally and via written communication pertinent aspects of nutritional care plan to clinical personnel, food service personnel, and other health team members.
- Evaluate appropriateness of diet orders and make recommendations.
- Counsel residents and families in nutritional principles, dietary plans/goals, and dietary restrictions.

Credentials and Professional Development

- Registered Dietitian as per the Commission on Dietetic Registration (86033422)
- Licensed Dietitian as per the Minnesota Board of Dietetics and Nutrition Practice (3499)
- Certified to facilitate the CDC's Diabetes Prevention Program
- Certified Food Protection Manager as per the Minnesota Department of Health (FM96473)
- ServSafe Food Protection Manager (18053363)
- Member of the Academy of Nutrition and Dietetics, Minnesota Academy of Nutrition and Dietetics

CURRICULUM VITAE

DATE: 9-10-2021

NAME: Renee Korczak, Ph.D., RDN, CSSD, LD

PRESENT TITLE: Consultant Registered Dietitian & Adjunct Professor

HOME ADDRESS: [REDACTED]

TELEPHONE: [REDACTED]

EMAIL ADDRESS: [REDACTED]

CITIZENSHIP: United States

EDUCATION:

Undergraduate

University of Connecticut
Department of Nutritional Sciences
Storrs, CT
Bachelor of Science in Nutritional Sciences Date Awarded: December 2005

Graduate and Professional

Iowa State University
Department of Nutritional Sciences
Ames, IA
Individualized Supervised Practice Pathway in Dietetics
Date Awarded: March 2015

University of Minnesota
Department of Food Science and Nutrition
St. Paul, MN
Ph.D. in Human Nutrition Date Awarded: September 2013
Research: *Effects of Dietary Fiber and Food Form on Satiety and Energy Intake in Healthy Human Subjects*

College of Saint Elizabeth
Department of Foods and Nutrition
Morristown, NJ
Dietetic Verification Program

DPD Statement Awarded: May 2010

Boston University School of Medicine
Department of Medical Nutrition Sciences
Boston, MA

M.A. in Medical Nutrition & Epidemiology Date Awarded: September 2008

Thesis: *Nutrition, Oxidative Stress and Risk for Obesity and Cardiovascular Disease*

EMPLOYMENT/WORK EXPERIENCE:

2019-2020

Adjunct Professor

Department of Clinical and Preventive Nutrition Sciences, Rutgers
University
Newark, NJ

2018-2019

Lead Sports Dietitian

Minnesota United Football Club
Blaine, MN

2016-Present

Adjunct Teaching Assistant Professor

Department of Food Science and Nutrition-College of Food, Agricultural
and Natural Resource Sciences
University of Minnesota, St. Paul, MN

2015-Present

Consultant Dietitian

Premier Nutrition, LLC
Bernardsville, NJ

2015-2016

Post-Doctoral Fellow

Department of Food Science and Nutrition-College of Food, Agricultural
and Natural Resource Sciences
University of Minnesota, St. Paul, MN

2014-2015

Post-Doctoral Fellow

Nestlé Health Science Research and Development Center
Hopkins, MN

2008-2011
Nutrition Scientist
Nestlé Nutrition
Florham Park, NJ

2006-2007
Food Scientist
Kraft Foods
East Hanover, NJ

ACADEMIC APPOINTMENTS:

Adjunct Professor
Department of Clinical and Preventive Nutrition Sciences
School of Health Professions
Rutgers, The State University of New Jersey
2019 to Present

Adjunct Professor
Department of Food Science and Nutrition
University of Minnesota
Teaching Assistant Professor
2015 to Present

CERTIFICATIONS:

Registered Dietitian Nutritionist, Registration Number 1024865, 2014 to present

Board Certified Specialist in Sports Dietetics, 2018 to present

Licensed Dietitian in Minnesota, License Number 3507, 2015 to present

AWARDS AND HONORS:

Recognized Young Dietitian of the Year, Minnesota Academy of Nutrition and Dietetics
2019

MEMBERSHIPS, OFFICES, AND COMMITTEE ASSIGNMENTS IN PROFESSIONAL SOCIETIES:

Professionals in Nutrition for Exercise and Sport (PINES)

Member
2020-Present

Global Prebiotic Association
Member
2019-Present

Collegiate, Professional, Sports Dietitian Association (CPSDA)
Member
2017-Present

Dietitians in Business and Communications, Dietetic Practice Group
Member
2015-Present

Minnesota Academy of Nutrition and Dietetics (MAND)
Director of Communications
2015-2017

Member
2015-Present

Academy of Nutrition and Dietetics (formerly American Dietetic Association)
Member
2011- Present

Evidence Analyst
2010-2013

SERVICE ON JOURNALS/PUBLICATIONS:

Reviewer
Nutrients
2018-Present

Reviewer
Nutrition Reviews
2016-Present

SERVICE ON DEPARTMENT/PROGRAM COMMITTEE:

Department of Food Science and Nutrition Strategic Planning Committee
Department of Food Science and Nutrition

2017-Present

SERVICE TO COMMUNITY:

Open Arms of Minnesota
Minneapolis, MN
Nutrition Volunteer, 2-14-2015

TEACHING RESPONSIBILITIES:

**Rutgers, The State University of New Jersey, School of Health Professions
Department of Clinical and Preventive Nutrition Sciences**

NUTR 5562-Clinical and Practice Based Research Methods
2 credits; Lead faculty
Spring 2020

NUTR 7210-Human Metabolism & Body Composition
3 credits; Co-faculty
Fall 2019

NUTR 5312-Ethical, Culturally Sensitive Interviewing & Counseling
3 credits; Co-faculty
Fall 2019

NUTR 5381-Evidence Informed Practice and Scientific Inquiry
3 credits; Co-faculty
Fall 2019

**University of Minnesota, College of Food Agricultural and Natural Resources,
Department of Food Science and Nutrition**

FSCN 1112- Principles of Nutrition
3 credits; Lead faculty
Spring 2015-Present

FSCN 1012-Sports Nutrition (online)
2 credits; Lead faculty
Spring 2016-Present

FSCN 4612-Advanced Nutrition & Metabolism
3 credits, Co-faculty
Spring 2015, Fall 2015, Spring 2016

MOVE Weight Management Course
Minneapolis VA Healthcare System
Fall 2013, Spring 2014

Teaching Assistant

FSCN 4612-Advanced Nutrition & Metabolism
3 credits, Spring 2012, Fall 2013

FSCN 3612-Lifecycle Nutrition
3 credits, Fall 2011, Spring 2012, Fall 2012

FSCN 4614-Community Nutrition
3 credits, Fall 2012

FSCN 4665-Medical Nutrition Therapy
3 credits, Fall 2013

CLINICAL RESPONSIBILITIES:

Minnesota United Football Club
Blaine, MN (2018-2019)
Preceptor for undergraduate nutrition volunteers seeking sports nutrition experience with professional soccer players

GRANT SUPPORT:

A. Principal Investigator

1. Minnesota Beef Council-\$50,000 "Effects of Iron Deficiency in Children and Adolescents: Does Consumption of Beef Make a Difference?" January 2019-Present
2. CHS Foundation-\$15,000 "Training Future Leaders in Agriculture" May 2014-May 2015

B. Co-Principal Investigator

1. Nestlé Health Science -\$65,000 "Effects of low FODMAP oral nutrition supplements on breath hydrogen response in healthy human subjects" June 2014-June 2015
2. PepsiCo-\$50,000 "Effects of whole grain oatmeal in children who experience digestive health problems" January 2015-January 2016

SCHOLARSHIP/RESEARCH PUBLICATIONS:

A. Refereed Original Article in Journal

1. Beluska-Turkan K, **Korczak R**, Hartell B, Moskal K, Maukonen J, Alexander DE, Salem N, Harkness L, Ayad W, Szaro J, Zhang K, Siriwardhana N. Nutritional Gaps and Supplementation in the First 100 Days *Nutrients* 2019; 11(12): 2891.
2. Paruzynski H, **Korczak R**, Wang Q, Slavin J. A Pilot and Feasibility Study of Oatmeal Consumption in Children to Assess Markers of Bowel Function. *J Med Food* 2019. Doi: 10.1089/jmf.2019.0158.
3. **Korczak R**, Kocher M, Swanson KS. Effects of oats on gastrointestinal health as assessed by in vitro, animal and human studies. *Nutr Rev* 2019; 0(0):1-21. Doi: 10.1093/nutrit/nuz064.
4. **Korczak R**, Slavin JL. Fructooligosaccharides and appetite. *Curr Opin Clin Nutr Metab Care* 2018; 21(5): 377-380.
5. **Korczak R**, Kamil A, Fleige L, Donovan SM, Slavin JL. Dietary fiber and digestive health in children. *Nutr Rev*. 2017; 75(4): 241-259.
6. Erickson J, **Korczak R**, Wang Q, Slavin J. Gastrointestinal tolerance of low FODMAP oral nutrition supplements in healthy human subjects: a randomized controlled trial. *Nutr J* 2017; 16(1): 35.
7. **Korczak R**, Marquart L, Slavin J, Ringling K, Chu, YC, O'Shea M, Harriman C, Toups K, de Vries J, Jacques P, Klurfeld D, Camire ME, Unnevehr L. Thinking critically about whole grain definitions: Summary report of an interdisciplinary roundtable discussion at the 2015 whole grains summit. *AJCN*. 2016; 104(6): 1508-1514.
8. **Korczak R**, Timm D, Ahnen R, Thomas W, Slavin JL. High protein pasta is not more satiating than high fiber pasta at a lunch meal, nor does it decrease mid-afternoon snacking in healthy men and women. *J Food Sci*. 2016; 81(9): S2240-5.
9. **Korczak R**, Lindeman K, Thomas W, and Slavin JL. Bran fibers and satiety in women who do not exhibit restrained eating. *Appetite*. 2014; 80: 257-263.
10. **Korczak R**, Jones JM, Pena RJ, Braun HJ. CIMMYT series on carbohydrates, wheat, grains, and health: Carbohydrates and their grain sources: A review on their relationships to brain health. *CFW*. 2016; 61(4): 143-156.
11. Jones J, Pena RJ, **Korczak R**, Braun HJ. Carbohydrates, grains and wheat in nutrition and health: Their relation to digestion, digestive disorders, blood glucose and inflammation. *CFW* 2016; 61(1): 4-17.
12. Jones J, Pena RJ, **Korczak R**, Braun HJ. CIMMYT series on carbohydrates, wheat, grains and health: Carbohydrates, grains and whole grains and disease prevention. *CFW* 2016; 61(3): 96-105.
13. Jones J, Pena RJ, **Korczak R**, Braun HJ. CIMMYT series on carbohydrates, wheat, grains and health: Carbohydrates, grains and whole grains and disease

prevention. Blood pressure, metabolic syndrome, and diabetes. *CFW* 2016; 61(3): 106-122.

14. Jones J, Pena RJ, **Korczak R**, Braun HJ. Carbohydrates, grains, and whole grains and disease prevention. *Cancer risk: Overview, breast and colorectal 1 & 2*. 2016; *CFW* 61(6): 228-242.
15. Jones J, Pena RJ, **Korczak R**, Braun HJ. Carbohydrates, grains, and wheat in nutrition and health. *CFW* 2015; 60 (6): 260-271.

B. Books, Monographs and Chapters

1. **Korczak R** and Slavin JL. Effects of Oats and Beta-glucan on Gut Health. In: *Oats Nutrition and Technology*. 1st ed. John Wiley & Sons; 2014.
2. **Korczak R**, Hauge D, Maschoff B, Marquart L, Jacques P, Lindberg R, Menon R. Grains and Health. In: *The Encyclopedia of Food Grains*. 2nd ed. Elsevier; 2016.

C. Other Articles (Reviews, Editorials, etc.) in Journals; other Professional Communications

1. **Korczak R**. Effects of Fiber Consumption on Body Weight and Body Mass Index in SCAN'S Pulse, A publication of the Sports, Cardiovascular and Wellness Dietetic Practice Group. Winter 2014; 33(1):4-6.

D. Abstracts

1. **Korczak R**, Timm D, Ahnen R, Thomas W, Slavin JL. High protein pasta is not more satiating than high fiber pasta at a lunch meal, nor does it decrease mid-afternoon snacking in healthy men and women. Presented at Experimental Biology Conference-Boston, MA, March 28-April 1, 2015.

PRESENTATIONS:

A. Original Research

1. Whole Grains and Bioactive Ingredients. Presented at the 21st International Congress of Nutrition. (Oral Presentation) Buenos Aires, Argentina, October 2017.
2. Gastrointestinal Distress in Endurance Athletes. Presented at the University of Michigan School of Medicine Food and GI Health Conference (Oral Presentation), Ann Arbor, MI, September 2018.

3. Dietary Fiber and Digestive Health: What does Fiber have to do with it? (Oral Presentation) Presented at the Minnesota Academy of Nutrition and Dietetics Annual Meeting, Minneapolis, MN, April 2018.

B. Community Service

1. Kare 11 Minneapolis
Represented the Minnesota Beef Council for a health and wellness segment on protein and meal planning on 1/29/2019, available at: <https://www.twincitieslive.com/food/3932/7-day-healthy-meal-plan/>.
2. Kare 11 Minneapolis
Represented the Minnesota Academy of Nutrition and Dietetics (MAND) for a dietary fiber segment on 4/27/18, available at: <https://www.kare11.com/article/entertainment/television/programs/news-at-4/easy-ways-to-eat-more-fiber/89-546658886>.
3. Twin Cities Live Minneapolis
Represented the Minnesota Beef Council for a summer food safety segment on 7/30/18, available at: <https://www.twincitieslive.com/food/2749/summer-food-safety/>.

Suzanne Hinck, MS, RDN, LD

EDUCATION

- 2012-2014 Case Western Reserve University, Cleveland, Ohio
Master of Science in Public Health Nutrition
- 2014 Case Western Reserve University, Cleveland, Ohio
Dietetic Internship
- 2004-2008 St. Olaf College, Northfield, Minnesota
Bachelor of Arts – Chemistry and Biomedical Studies

EMPLOYMENT EXPERIENCES

2021-Present Suzi Hinck Nutrition, LLC

Founder

Dietitian at The Parenting Dietitian, empowering parents to successfully nourish their children and grow a healthy family.

2016-2020 Be Well Solutions, Cleveland, Ohio

2019-Present *Co-Program Director and Faculty Advisor*

Be Well Solutions Dietetic Internship

Direct and maintain distance dietetic internship program. Inspire leadership and empower colleagues and interns. Manage continuous program evaluation, development and improvement. Plan orientation and exit class events. Host virtual open house events. Recruit prospective interns. Application process management. Curriculum development. Integral to program marketing and website design. Self-study report composition and compilation. ACEND Site Visit planning. Nationwide networking. Maintained role of Faculty Advisor for each cohort.

2017-2019 *Associate Program Director and Faculty Advisor*

Be Well Solutions Dietetic Internship

Developed distance dietetic internship from the ground up. Direct and maintain distance dietetic internship program. Manage continuous program evaluation, development and improvement. Plan orientation and exit class events. Host virtual open house events. Recruit prospective interns. Application process management. Curriculum development. Integral to program marketing and website design. Self-study report composition and compilation. ACEND Site Visit planning. Nationwide networking. Maintained role of Faculty Advisor for each cohort.

2016-2018 *Wellness Dietitian*

Provide expert knowledge for biometric screenings, seminars, and individual and group nutrition counseling. Plan and coordinate cooking demonstrations. Present nutrition and wellness seminars. Create education materials for variety of clients.

2016-2017 *Program Coordinator and Faculty Advisor*

Be Well Solutions Dietetic Internship

Developed Be Well Solutions Dietetic Internship from program inception until present, composing the original self-study report and maintaining candidate status with ACEND. As a

Faculty Advisor: Advise and mentor interns nationwide. Manage rotation documentation for interns. Provide academic feedback on didactic learning assignments. Lead monthly intern group conference meetings. Ensure graduates are prepared to enter the field as entry-level dietitians.

2015-2016 Pisanick Partners, LLC, Brecksville, Ohio

Registered Dietitian and School Nutrition Systems Analyst

Managed school nutrition programs of 12 school districts in Northeast Ohio. Developed and analyzed NSLP approved school menus. Ensured compliance of cycle menus. Built customized menu cycles. Composed weekly email update to all constituents.

2008-2014 Eversight, Chicago, Illinois

2011-2014 *Corporate Quality Improvement Coordinator*

Ensured compliance of all aspects of cornea donation and transplant for the Chicago division, maintained standards for national accreditation, became an involved member of the corporate health and wellness program.

2010-2011 *Donor Eligibility Coordinator*

Ensured eligibility of all donated corneal tissue for transplant and research, and developed position requirements and responsibilities.

2008-2010 *Eye Bank Technician*

Collected eligibility requirements for all donated corneal tissue for transplant and research, earned Certification of Eye Bank Technician.

PROFESSIONAL MEMBERSHIPS

2020-Present Sports, Cardiovascular and Wellness Nutrition Dietetic Practice Group
2018-Present Minnesota Academy of Nutrition and Dietetics
2016-Present Nutrition and Dietetic Educators and Preceptors Dietetic Practice Group
2014-2015 American Public Health Association
2013-2018 Greater Cleveland Academy of Nutrition and Dietetics
2012-Present Academy of Nutrition and Dietetics

HONORS AND AWARDS

2020-Present Academy of Nutrition and Dietetics Leadership Institute, 2020-2021 Cohort
2017-Present Career Panel Speaker, Department of Nutrition, CWRU
2012-2014 Alumni Scholarship, Department of Nutrition, CWRU
2007-2008 Vice-President, St. Olaf Orchestra
2007-2008 Assistant-Principal Cellist, St. Olaf Orchestra
2007 Mayo Scholar, Mayo Scholars Program
2004-2008 Musical Achievement Scholarship, St. Olaf College
2004-2008 Nelson Scholarship, St. Olaf College

VOLUNTEER SERVICE

2011-2012 Centered Chef, Chicago, Illinois
Volunteer: Assisted with corporate wellness and event planning.
2007-2008 Hennepin County Medical Center, Minneapolis, Minnesota
Emergency Department Research Associate: Evaluated eligibility and compiled socioeconomic data from patients for ongoing research studies.

Riley Larson, MS, RDN, LD



EDUCATION

Master of Science in Nutrition, Aug 2018-May 2019

University of Minnesota, Minneapolis, MN

- Thesis: Acacia Gum Is Well Tolerated While Increasing Satiety and Lowering Peak Blood Glucose Response in Healthy Human Subjects.

Dietetic Internship, Aug 2015-April 2016

University of Minnesota, Minneapolis, MN

- Specialty Focus: Nutrition-behavioral counseling, meal plan development, eating disorders

Bachelor of Science in Nutritional Sciences, Minor in Psychology, Aug 2011-May 2015

Oklahoma State University, Stillwater, OK

- Thesis: Sociocultural Factors Affecting Sun-Seeking Behavior for Infants Living in Rural or Urban Communities in Southern Ethiopia

PROFESSIONAL EXPERIENCE

Health Guide, Nov 2019-Present

MOBE, Plymouth, MN

- Utilize motivational interviewing and health coaching methodology to support clients in improving health & quality of life outcomes via habit and behavioral modification. Top performer on my team (average score 95%) and consistently achieve call quality scores 5-10% higher than peer average for a 30-day period
- Team leader of Equity Strategic Action Plan (ESAP) Education work group, spearheading and managing multiple projects at multiple levels of company structure to incorporate diversity, equity, & inclusion into MOBE company culture, events, relationships, and resources

Assistant Lecturer and Researcher, Aug 2018- Present

University of Minnesota, Minneapolis, MN

- Assistant lecturer for “Advanced Human Nutrition 4612w” course on topics of literature review writing, critical nutrition thinking, and practical nutrition science applications
- Selected and managed student research team in data collection, IRB compliance, and academic journal publication

Sports Dietitian for Women’s Gymnastics, Sept 2019- May 2021

University of Minnesota Athletic Department, Minneapolis, MN

- Counsel individual athletes on nutrition strategies to improve sport performance, prevent and promote injury recovery, and maintain overall health and wellbeing as part of comprehensive medical and performance team
- Presentations on practical sports nutrition knowledge and implementation for athletes and staff twice monthly

Lead Dietitian, Feb 2017-Aug 2018

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), Minneapolis, MN

- Managed staff schedules & clinic task delegation, consulted on federal policy implementation
- Provided targeted, individualized, and culturally appropriate developmental nutrition and social services interventions for pregnant women, children, and families.
- Utilized motivational interviewing methodology to provide nutrition education and motivation for overcoming family barriers to healthy habits

VOLUNTEER EXPERIENCE

Dietitian Professional Advisory Committee Volunteer, May 2019

U.S. Public Health Service Annual Symposium, Minneapolis, MN

- Provided weight management education to service members based on new, nation-wide servicemember weight and health standards

Nutrition Department Volunteer, January- August 2019

Veteran's Affairs Hospital, Minneapolis, MN

- Audited 5 years of oral nutrition supplement use data for inpatient veterans to ensure maximized recovery; presented findings of this analysis for RD staff and managers

LEADERSHIP, RESEARCH, & COMMUNITY ENGAGEMENT

Diversity, Inclusion, Equity, & Belonging (DIEB) Committee Founding Member (MAND), June 2020-Present | *Minneapolis, MN*

Finance Director (MAND), June 2020-Present | *Minneapolis, MN*

Education Chair (MAND-TC), May 2018-May 2020 | *Minneapolis, MN*

Workaway Program Nutrition Intern, July 2014 | *Hotel Restaurant Bierhousle, Freiburg, Germany*

Wentz Scholar International Research, Jan 2014-May 2015 | *Awassa University, Awassa, Ethiopia*

Undergraduate Research Assistant, Oct 2013-May 2014 | *Oklahoma State University, Stillwater, OK*

TRAININGS & CERTIFICATIONS

Registered Dietitian Nutritionist #86010288 | *Commission on Dietetic Registration*

Licensed Dietitian #3732 | *Minnesota*

Adult CPR/AED | *American Heart Association*

Nutrition-Focused Physical Assessment Training Review | *NKF Symposium*

Sodexo Nutrition-Focused Physical Assessment Training | *Sodexo*

PUBLICATIONS

Larson,R.;Nelson,C.; Korczak, R.; Willis, H.; Erickson, J.; Wang, Q.; Slavin, J. Acacia Gum Is Well Tolerated While Increasing Satiety and Lowering Peak Blood Glucose Response in Healthy Human Subjects. *Nutrients* 2021, 13, 618. <https://doi.org/10.3390/nu13020618>

REFERENCES

Available upon request

Curriculum Vitae

Dr. Julie Miller Jones

Brief Bio and Complete Bio for Julie Miller Jones

Dr. Julie Miller Jones, professor emerita of nutrition and food science at St. Catherine University, has expertise in fiber, carbohydrates, and grains and whole grains, gluten, diet quality, processed foods, food safety and nutrient function. She advises Il Cereales (Latin America), the Grains Foods Foundation, the Whole Grain Initiative, and the Carbohydrate Food Quality Initiative. She has several books, and many papers, speeches and awards and was twice named St. Catherine's outstanding professor and voted by alums as a 'professor who made a difference in people's lives.' She is past president of American Assoc. of Cereal Chemists International (AACCI), She was named fellow of the AACCI, Institute of Food Technologists, and International Cereal Chemists.

Distinguished Scholar and Professor Emerita, St. Catherine University



Education and Qualifications

1968 B.S. Iowa State University (Home Economics-Food Science)

1975 Ph.D. University of Minnesota (Home Economics, Food Science and Nutrition)

1993 - present Board Certified in Nutrition (CNS)

1996 – 2019 Licensed Nutritionist (L.N.) State of Minnesota

2012 - present Certified Food Scientist

Employment

2008 - present Distinguished Scholar and Professor Emerita, Consultant

1974 - 2008	College of St. Catherine (CSC), St. Paul, Minnesota - Rank: Professor
2003 - 2008	Distinguished Scholar and Co-Chair Center for Women, Science and Technology
2000 - 2006	Endowed Chair in Science, Distinguished Scholar in the Centers of Excellence
1996	The Council for Advancement and Support of Education (CASE) teaching award
1997	Myser award - Voted by CSC alums as a professor who impacted their lives
1976 and 1986	Named CSC's Outstanding Professor
1968 - 1974	University of Minnesota - Instructor/Research Fellow
1999 - present	Adjunct Professor – U. Minnesota, Department of Food Science and Nutrition

Scientific Advisor

1999 - 2017	Joint Institute of Food Safety and Nutrition FDA / University of MD Served as Chair 2009-12
1999 - 2014	International Life Sciences Organization (ILSI) N.A. Carbohydrate Committee Advisor to Washington DC- based nutrition organization and publisher of <u>Nutrition Reviews</u>
1999 - 2001	ILSI Committee to Revise the Definition of Dietary Fiber for Nutrition Labeling
2004 - 2014	Whole Grains Council
2002- 2017	Wheat Foods Council
2005 - 2015	Spokesperson for International Food Information Council
2005 - present	Grains Food Foundation
2009- 2019	Healthy Grains Institute (Canada)

Associations and Boards

American Association of Cereal Chemists International (AACC I) and NW Section

2004 – present	Chair and member - Task Force on Whole Grains
2006 - 2008	Chair Glycemic Definition Committee
1991- present	Reviewer for journals and books
2002	Co-chair Food Focus – Hot Topics in Nutrition
2000 - 2002	Fiber Definition Committee
1998 - 2001	President – elect, President, Chair of the Board; Finance Committee, Executive Committee, Scientific Advisory Panel, Professional Development Panel, formed an alliance with the International Cereal Chemists
2002 - 2005	Headquarters Operations Committee
1991-1998	Chair, Emerging Issues Committee
1991- 1999	<i>Cereal Foods World</i> advisory committee
1996 -1998	Teaching Awards Committee
1992 -1995	Scholarship and Fellowship Committee
1992 -1995	Book Committee
1988 - 1992	Board of Directors - National
1987 - 1989	Chair, Chair-elect of Northwest Section
1984 - 1985	Chair, Geddes Committee (National Award)
1984 - 1988	Chair, National Short Course Committee
1986 - 1993	Chaired numerous national short courses
1987 - 1988	Long Range Planning - NW Section

Institute of Food Technologists (IFT) and North Star Section member since 1968

2012 - 2018	Joint Task Force on Food and Nutrition Solutions
2005 - 2006	White Paper Committee
1970 - present	National Nutrition Division, Chair 2001-2003; Secretary/Treasurer, 1999-2001
1999 - 2001	IFT/AACC collaboration effort
1997 - 2000	Hot Topics Committee
1995 -1997	National Councilor representing the Minnesota/ North Dakota/ South Dakota Sections
1993 -1994	Chair, Minnesota Section, Chair exec and finance committees
1992 -1993	Chair-elect and Program Chair
1993 -1994	Scholarship Committee, Macy Awards Committee, Education Advisory Committee
1989 -1991	Member-At-Large Nutrition Division

1985 Chair - Macy Award Committee
 1985 -1988 Alt. councilor

Assoc of Family and Consumer Science and HEIB aka. American Home Economics Association (AHEA)

2016 - present Member Twin Cities Family and Consumer Science ; Food and Nutrition Professionals
 2006 Twin Cities Home Economist of the Year
 1983 - present Member of Minnesota Home Economists in Business – Active member
 1983 - 1985 President, Twin Cities MHEA
 1985 - 1987 Minnesota Home Economics Association Board

American Chemical Society and Minnesota section ACS

1970 - present

Academy of Nutrition and Dietetics (AND) – Minnesota (MAND) and Twin Cities (TCAND)

2000 – present Referred white papers; reviewed articles
 1999 - 2002 Wrote a section of the diet manual on food additives and vitamins and minerals
 1974 - present Active member

James Beard Society

1997 - 2010 Served as a judge

Minnesota Licensure Board

1994-1997 – Law licensing nutritionists took effect May 8, 1994

I received a Governor’s appointment to write regulations and set budgets to meet statutory requirements for the licensure law.

Minnesota Nutrition Council, Inc.

1995 - 1997 Public Affairs Chair
 1979 - 1981 President
 1974 - 2005 Active member (organization merged into another organization)

Minnesota Council Against Health Fraud

1987 - 1991 President, Minnesota Section
 1991 -1994 Executive board member
 1987 -1993 Board of National Council Against Health Fraud,

American Society of Nutrition

2010 - 2018 ASN representative for the Joint Task Force on Food and Nutrition Solutions,
 Chair 2015 - 2016

Other

1988 -1991 American Heart Association - Board of Minnesota Affiliate
 Advisor to labeling initiative
 1991-1994 National Labeling Reform Task Force for passage of Nutrition Labeling and
 Education Act of the federal government
 1987 - 1990 Land O' Lakes Consumer Board - Chair, 1987-1989
 1994 -1999 Advisory board for *Prepared Foods* magazine
 1997 -2003 Task force on alternative medicine -United Hospital and Minnesota. Med. Assoc.

Les Dames D’Escoffier

1998 – present Chapter member, President of Minnesota chapter, 2012 – 2013 and delegate to national.
 A society of women who are passionately interested in all aspects of food, nutrition and
 culinary. We support a nutrition and community garden project on the East Side of St. Paul and
 work with youth to teach them about food, nutrition, food safety, value added products, work and
 job skills, responsibility, neighborhood pride, business skills, and cultural diversity

Honors

2018	Fellow of the IFT
2018	50 Year Homecoming Award Iowa State University Graduate – Foods and Nutrition
2014	Minnesota Nominee for Les Dames D’Escoffier’s Grand Dame
2013	Outstanding Alumna of West Waterloo High School, Waterloo, IA.
2013	Fellow of the AACCI
2012	Dream Maker Award – Dakota Communities - Directed a menu planning project with St. Catherine students. The menu plans were for 140 group homes serving developmentally delayed children and adults. The diet and lifestyle plan resulted in menus that met the requirements of the state, had all needed adaptations such as those needed for diabetics or celiacs. The recipes, shopping lists, and preparation plans that included the residents in preparation of the meals (according to their ability) were loved by staff and residents. They have promoted weight loss for those who needed to lose weight as well as other improved outcomes.
2011	Fellow, International Cereal Chemists
2010	Kansas State University Centennial Lecturer
2009	Minnesota Association of Family and Consumer Sciences - 100 Centennial Awardees
2008	John Halvorsen Memorial Lectureship (May) – Kansas Section of AACC
2008	Jeanne M. Priester Award Luncheon – Raleigh / Durham, North Carolina
2007 - 2012	Pan American Bimbo Prize Nutrition Paper Judge GrupoBimbo
2006	Twin Cities Home Economist in Business of the Year
2004	AACCI 41 st Geddes Award, the association’s highest award for service/ contributions 1987 The Council for Advancement and Support of Education (CASE) Award Outstanding Teaching.

Presentations

Speaker - I speak at least twice a month to professional audiences and consumer groups, locally, nationally and internationally.

2015 National and Oklahoma Public Television – The Truth about Wheat. Sept 2015.

Presentations at International Congresses and Seminars

Future of Food : Whole Grains. Grupo Bimbo. Virtual September 14, 2021.

Processed Food and the Pandemic. IFT Virtual Meeting June 15, 2021.

COVID, Nutrition, Food Safety and Security. 2021 MHEA Spring Conference. May 13, 2021.

Are There Unintended Consequences of Using or Avoiding Processed Food? ILSI Pre Meeting Workshop.
Canadian Nutr Soc. April 22, 2021.

Food Fictions, Frauds, Factoids, Fallacies, and Fake News. Spring FCP Virtual meeting April 7, 2021.

2021 Virtual National Child Nutrition Conference. Fiber, Grains, Nutrition & Immunity. April 6, 2021.

COVID and Nutrition . Carlyle Forum. February 23, 2021.

COVID, Nutrition and Health. Intl. Conf. on Health (virtual). November 13, 2020.

Canadian Nutrition Society, Ultra-processed Foods: Implications for Nutrition Policy and Recommendations.
Oct , 20, 2020.

Fiber, Grains, Nutrition & Immunity. MN FCP Fall Meeting. September 21, 2020.

Dietary Guidelines Hearings. (virtual) IFT, Annual Virtual meeting, COVID, Nutrition, Food Safety and Security.
June 2020

Grain Food Foundation COVID, Nutrition and Food Security. Food and Consumer Professionals Zoom meeting.
May 3, 2020

Arizona State University - Foods and Health conference Everything you wanted to know about complex carbohydrates and grain-based foods and weren’t afraid to ask. February 25, 2020.

Food Safety in Normal and COVID Times Minnesota Home Economists February 21, 2020

INOVA – Whole grains: Just for the Health of It. Montevideo, Uruguay. October 3, 2019.

ILSI Brasil – Processed and ultra-processed foods: Risks and Benefits July 13, 2019.

ICC / Healthgrain Forum – Whole grains- Risks and benefits. Vienna, Austria, April 23, 2019.

Vienna – Whole grain definition. ICC & Taiwan Society of Cereals and Food. Health impacts of grains and whole grains. November 8, 2018.

AACCI International – Glycemic Index – Point-Counterpoint London, UK October 22, 2018

GrupoBimbo Conference – Mexico City – Are breads and cereals processed foods to avoid? July 11, 2018

Food Fluencers Diets for Health Lisbon, Portugal, January 15, 2018

Canadian Nutrition Society. Balancing the grain health dilemma. Halifax, NS. May 4, 2018.

National School Nutrition and CACFP. Grains for Health. San Antonio, TX, April 19, 2018.

British Nutrition Society – Scottish Section, Keynote - Avoid Processed and Ultra Processed Foods: Sound Bite Advice or Just a Sound Bite. Glasgow, Scotland. March 26, 2018.

ICC LATAM CIMMYT. Processed grain-based food: Fabulous or Flawed. Mexico City. March 14, 2018.

ICC LATAM CIMMYT. Gluten: Facts, factoids and fallacies. Mexico City. March 13, 2018.

ICC LATAM CIMMYT Whole Grains: Just for the Health of It. Mexico City. March 12, 2018.

Food Fluencers. Popular Weight loss diets: Help, hype, or hope? Lisbon, Portugal. January 14, 2017.

International Union of Nutrition Science. Avoid processed foods: Sound advice or a sound bite? - Buenos Aires. October 15, 2017.

ICC Whole Grain Summit. Strategies for increasing whole grain safety, Vienna, Austria. November 13, 2017.

University of Saskatchewan Visiting Scholar Lecture. Myths and truths about grain-based foods. Saskatoon, Canada. October 27, 2017.

CIMMYT. All grain foods are processed. El Batán, near Texcoco, Edo Mex, Mexico, September 14, 2017.

Global Crops Summit. Calgary, Alberta, Canada. Myths and truths about grain-based foods. April 12, 2017.

ICC Health Grain Forum. Processed food: The good, the bad and the ugly. Naples It. November 16, 2016.

International Bakers and Industry Engineers. What if the whole world went gluten free? Las Vegas, Nevada. October 8, 2016.

CIMMYT 50th Birthday. What if the world went gluten free and grain free: The role of grains in the diet and feeding the world. Mexico City, September 29, 2016.

International Congress of Dietetics. The role of carbohydrates, fiber and grains in preventing and treating diabetes and chronic disease. Granada, Spain. September 8, 2016.

International Congress of Dietetics. All fibers fit. Granada, Spain. September 8, 2016.

Canadian Nutrition Society. Gut health and the gluten-free (Grain-free) explosion. Ottawa/ Gatineau, CA. May 7, 2016.

International Cereal and Bread Congress/ICC. Bread, wheat, grains, and whole grains: Health benefits for all. Istanbul, Turkey. April 19, 2016.

Food 3000. Dietary guidance: Moving forward as a coalition. Lima, Peru. February 13, 2016.

International Congress of Functional Foods. Optimal health through a balance of whole and refined grains. Seoul, Korea. November 19, 2015.

ICC IASTEC. Grains and sustainability. Milan, It. July 1, 2015.

ICC Dietary Fibre 2015. Addressing the fibre gap. Paris, June 2015

Food 3000. Whole grains and fiber. Myths and facts. Madrid, Spain. February 15, 2015.

CIMMYT Myths about grains and health. Mexico City. Jan 19, 2015.

Wheat Growers of Saskatchewan, Wheat & Health: Separating the wheat from the chaff. Saskatoon, Alberta, Canada 2014

Food 3000. Processed food in the diet. Amsterdam, NL. Feb 15, 2014.

Food 3000. Arsenic in rice. Vancouver, Canada. Feb. 15, 2013.

Whole Grain Summit 2012 -Pre-Meeting. Grains 101: What the industry and consumer need to know. Minneapolis, MN. May 19, 2012.

Whole Grain Summit 2012. Defining a whole grain food: Confusion, complexities conundrums. Minneapolis, MN. May 20, 2012.

Whole Grain Summit 2012 Alignment of whole grain definitions. Minneapolis, MN. May 21, 2012.

Dietary Fibre 2012 - Recommendations, regulations and popular diets, Dietary Fibre 2012. Rome, Italy. May 7, 2012.

International Flour Millers Federation, Wheat for health. Antalya, Turkey. March 29, 2012.

Beneo Scientific Conference. Dietary fiber and health, Heidelberg, Germany, March 11-12, 2012.

ILSI Brasil and Nutrition Society of Brasil. The glycemic response: Findings from the ILSI Workshop and beyond. Sao Paulo, Brazil. December 1, 2011

Thailand Nutrition Society and Food Authority, ILSI SE Asia Regional Conference. Dietary fiber definitions. Bangkok, Thailand. April 26, 2011.

Katholieke Universiteit Leuven, Fiber and whole grains definitions. Leuven, Belgium. April 6, 2011.

Malaysian Nutrition Society/ ILSI SE Asia Regional Conference. Whole grains and human nutrition,

- Kuala Lumpur, Malaysia. April 22, 2011.
- ILSI SE Asia Regional Conference together with the Singapore Board of Health. Carbohydrate quality. Singapore. April 20, 2011.
- Manchester Metropolitan University. Fiber and Whole Grains. Manchester, UK. March 15, 2010.
- ILSI Australia and ILSI SE Asia. Your mum was right – Eat your vegetables. Melbourne, Australia November 13, 2009.
- Go Grains. Whole grains for health. Sydney, Australia, November 12, 2009.
- Cuisine Kingdom. Figs and the Mediterranean Diet. Tokyo, Japan. November 5, 2009.
- The Nutrition Place. Singapore's Whole Grain Initiative. Whole grains for health and culinary innovation. Singapore. October 2, 2009.
- ILSI SE Asia Hot Issues of Food Safety –September 30, 2009. Jakarta, Indonesia.
- ILSI SE Asia meeting. Dietary fibre and the Codex definition. Kuala Lumpur, Malaysia. September 28, 2009.
- International Dietary Fibre Congress/ International Cereal Chemists. Dietary fibre, co-passengers and health— Vienna, July 1-3, 2009. (Also on the organizing committee).
- International Whole Grain Summit, 2009. Regulatory Aspects for whole grains and whole grain food. Newcastle, UK. March 2009. (Also on the organizing committee)
- Best of the American Diabetes Association in cooperation with the Indian Diabetes Association. Whole Grains, dietary fiber and the glycemic response in preventing and treating diabetes. Ahmedabad, India. November 11, 2008.
- Best of the American Diabetes Association in cooperation with the Indian Diabetes Association. Carbohydrates 101- Starting where clients are and helping them understand complex carbohydrates. Ahmedabad, India. November 10, 2008.
- Best of the American Diabetes Association in cooperation with the Indian Diabetes Association. Whole grains, dietary fiber and the glycemic response in preventing and treating diabetes. Pune, India. November 9, 2008.
- Best of the American Diabetes Association in cooperation with the Indian Diabetes Association. Carbohydrates 101- Starting where clients are and helping them understand complex carbohydrates. Pune, India. November 8, 2008.
- 15th International Congress of Dietetics, Raisins, dietary fibre and gut health. Yokohama, Japan September 8, 2008.
- 13th International Cereal Chemists Cereal and Bread Congress. Mining whole grains for functional components. Madrid, Spain. June 2008.
- Presentation on the dietary fiber definition US Delegation of the Codex Alimentarius Commission of the FAO/WHO). Baden Baden, Germany. November 13, 2007.
- First International Symposium on Alternative Whole Grains and Fruit and Dried Fruit. Fruit and alternate whole grains as a strategy for a healthy celiac diet. Strategies for creating an antioxidant- rich diet. October, 2007.
- Gluten-Free Cereal Products and Beverages. Nutrient-rich, gluten-free diet. University College Cork, Cork, Ireland. September 13, 2007.
- First International Conference on Gluten Intolerance Cork Ireland - Nutrition for the Gluten Intolerant. University of Cork, Cork, Ireland. Sept 10-14, 2007.
- Pangborn International Sensory Symposium. Fat and nutrition: Is there such a thing as a fat taste? Minneapolis, Minnesota. August 13, 2007.
- International Cereal Chemists, International Union of Food Science and Chinese Cereal and Oils Association trends in fats and oils and whole grains. Guangzhou, China. June 19, 2007.
- Cereals in Europe and American Association of Cereal Chemists International Spring meeting. Consumers, cereals and health- Trends, fads and reality. Montpellier, France. May 8, 2007.
- Dietary fibre and gut health. Foods for the healthy elderly – Food Ingredients Europe Amsterdam, NL. Jan 15, 2006.
- 11th Annual Nutrition and Food Service Conference. Why Fiber Matters So Much. Edmonton, Alb. Canada. April 28, 2007.
- ILSI Europe conference on the Glycemic Response to Food. The Glycemic Response – Opening address – Nice, France. December 7, 2006
- Whole Grains and the Consumer - A US Perspective. Helsinki, Finland. June 15, 2006.
- EU Health Grains Platform. Whole grains and health. Helsinki, Finland. June 14, 2006.
- International Congress on Dietary Fiber. Dietary fibre or whole grains or Both? Helsinki, Finland. (Also on the organizing committee) June 13, 2006

- Canadian Dietetics Association Annual Meeting, Kellogg Nutrition Symposium. Dietary fiber. Halifax, Nova Scotia, Canada. June 8, 2006
- International Dried Fruit Association. Fruit and health – An opportunity for dried fruit. Oct 23, 2006. Monterey, CA. Medical Alley/ MNBIO 4th Annual Health Care and Biosciences Conference. You Are What You Eat. St, Paul, MN. October 5, 2005.
- Technische Universität Wien Glycemic Index Conference, Low carbohydrate/ Slow carbohydrate. Vienna, Austria. June 29, 2005.
- International Cereal Chemists 50th Anniversary Congress, Whole grains: Emerging data on health relevance. Vienna, Austria. July 6, 2005
- International Wheat Gluten Association. IWQC-III. Is there such a thing as a good or bad wheat-based food? Manhattan, KS. May 22, 2005.
- American Association of Cereal Chemists International - International Workshop on the Glycemic Response. The glycemic response. Low carbohydrate foods. Brussels, Belgium. February 17, 2005.
- Sugars and Health. Harvard Oldways Preservation Trust. Sweetness, sugar, sweeteners: Claims, conflicts, and consumer confusion. Mexico City, MX. October 21, 2004.
- International Cereal Chemistry Congress. Consumer issues of carbohydrates: What Influences their intake? Harrogate, England. May 13, 2004,
- International Dietary Fibre Congress. Dietary fibre intake, disease prevention and health promotion - The evidence from epidemiology. Noordwijkerhout, NL. May 19, 2003.
- International Dietary Fibre Congress. Developing Strategies for Health-Promoting Grain ingredients. Noordwijkerhout, NL. May 18, 2003.
- International Dietary Fibre Congress. The way forward- Panel. Noordwijkerhout, NL. May 21, 2003.
- Sociedade Latin American Nutricion. Whole Grains and Health, November 10, 2003. Acapulco, Mexico.
- Polish Academy of Sciences and EUROTOX V Food Safety. The risks and benefits of food processing. Mierki, Poland. August 19, 2002.
- American Association of Cereal Chemists International Annual Meeting. Whole grains and diabetes risks. Montreal, Quebec, Canada. October 16, 2002.
- World Whole Grains Conference. Intake of whole grains worldwide. Porvoo, Finland. June 19, 2001.
- Healthy Ingredients Europe. Fiber as a healthy ingredient – Nutritional aspects. Frankfurt, Germany. November 20, 2000.
- Healthy Ingredients Europe and American Association of Cereal Chemists International. Using soy-based ingredients. Frankfurt, Germany. November 20, 2000.
- Food Ingredients Europe. Fibre and whole grains - Frankfurt, Germany. November 21, 2000.
- International Cereal Chemistry World Bread Congress. Dietary fibre, resistant starch and whole grain are not the same. September 12, 2000. Gold Coast, Australia.
- Dietary Fibre 2000. Dietary fibre intake worldwide and the state of the diet – The good, the bad and the ugly May 19, 2000. Keynoted this international conference and was introduced by the Prime Minister of Ireland.
- American Association of Cereal Chemists- Pre-conference workshop. Development of high-fibre food products: Meeting the needs for health. Dublin, Ireland. Chair and speaker. May 13, 2000.
- American Association of Cereal Chemists International Development of high fibre food products: Speaker and Chair. May 13, 2000, Dublin, Ireland.
- American Association of Cereal Chemists International Workshop. Fat intake in health and disease. Louvain, Belgium. April 15, 1999.
- Healthy Ingredients Europe. Fats and cereals in the diet. Paris, France. September 15, 1999.
- Healthy Ingredients Europe. Trans fats in the diet. Paris, France. September 16, 1999.
- Pacific Fats and Oils 2000. Fat: a 30-year retro- and pro-spective. Auckland, New Zealand. November 25, 1997.
- Massey University, Fat-free paradise and other myths. (Invited lecture) Auckland, New Zealand. November 24, 1997.
- American Association of Cereal Chemists International Short Course. Trends in nutrition of fats and oils. Paris, France. November 11, 1996,
- American Association of Cereal Chemists International Short Course. Fat replacers and fats and oils and substitutes in baked products. Paris, France. November 11, 1996,
- UK Society of Chemical Industry, Oils & Fats. Low calorie substitutes for fat. London, England. April 30, 1996.
- Joint meeting of the UK section of Institute of Food Technologists and the Society for Chemistry and Industry Bovine Spongiform Encephalopathy (BSE) – Prions and More. London, April 29, 1996.

Presentations - National and Local

- IFT Hot Topic: NOVA Processed Foods: Bane or Boon. June 4, 2019. New Orleans, LA.
- Today's Dietitian Conference Whole Grains: Just for the Health of It. May22, 2019 Scottsdale, AZ,
- USDA Child and Adult Feeding Programs (CAFP). Whole grains and dietary fiber – Barriers to consumption. April 25, 2019. Chicago, IL
- Potato Expo. Carbohydrates – What is recommended. January 9, 2019 Carlyle Forum. Everything you wanted to know about nutrition but were afraid to ask. September 12, 2018.
- AND Webinar. Dietary Fiber, Nutrition and Health Benefits. September 20, 2018.
- IFT Short Course 2018. Formulating for function; Understanding the application of gums and starches in food. Carbohydrates in nutrition. June 24, 2017. Las Vegas, Nevada.
- Twin Cities Home Family and Consumer Science Professionals. Processed Food – Ban or Boon. Minneapolis, MN. November 2, 2017.
- USDA Child and Adult Feeding Programs (CAFP). Getting the right mix of whole and refined grains on MyPLATE. San Antonio, TX. April 19, 2018.
- Sweeteners System Conference. Sugar and spice and everything nice? Is this truth in labeling? Lombard IL. November 7, 2017.
- Grains Food Foundation Webinar. Grains in the diet - Myths and facts. December 12, 2017.
- Tate and Lyle Webinar. Dietary fiber and health benefits for the golden agers. November 2, 2017.
- FNCE. Academy of Nutrition and Dietetics Annual Meeting. The sweet & sour of added sugars. Chicago IL., October 22, 2017.
- IFT Annual meeting 2017. Is “Degree of Processing” a useful way to direct food selection and dietary guidelines? June 27, 2017. Las Vegas, Nevada.
- IFT Annual meeting 2017. The New Nutrition label and the Ingredient panel: Deconstructing the label for the consumer. Las Vegas, Nevada. June 26, 2017.
- IFT Short Course 2017. Formulating for function; Understanding the application of gums and starches in food. Carbohydrates in nutrition. June 24, 2017. Las Vegas, Nevada.
- American Society of Nutrition (EB) EB. Food selection by according to food processing: Fabulous or flawed. Chicago, IL. April 23, 2017.
- USDA Child and Adult Feeding Programs (CAFP). New Child and adult care food program meal patterns: Getting the right mix of whole and refined grains. San Diego, CA. April 19, 2017.
- West Waterloo High School Foundation Event through the Waterloo, Iowa Public Schools. Waterloo Public Schools Foundation. Nutrition Basics and Critical Thinking: Addressing Myths and Facts. April 19, 2017. Waterloo, IA.
- Canadian Global Crops Summit. Grains and whole grains for health. Calgary, Alberta, Canada. April 12, 2017.
- Twin City Academy of Nutrition and Dietetics. Deconstructing the new food label. Fridley, MN. February 13, 2017.
- FNCE -Academy of Nutrition and Dietetics. Processed food and health. Boston, MA. October 18, 2016.
- FNCE -Academy of Nutrition and Dietetics. Added sugars and the new label. Webinar. September 2016.
- PA Nutrition Education Annual Meeting. Gluten – We hardly know you. Harrisburg, PA, May 2, 2016.
- Society of Nutrition Education and Behavior FNCE Pre-Conference. The science behind gut health and food intolerances. Pittsburg, PA. July 25, 2015.
- FASEB. WKK Sponsored Breakfast. Ancient grains: What are they and what do we know? San Diego, CA. April 2, 2016.
- American Bakers Assn. Annual Meeting. Gluten myths. Phoenix Az. March 19, 2016.
- Arizona State U. Building Healthy Lives. Are new wheat varieties really making us fat and sick? Phoenix, AZ. March. March 18, 2016.
- International Assn of Operative Millers Annual Meeting. Gluten free or free for all: A look at the myths and facts surrounding wheat, gluten and grains. Palm Springs, CA May 6, 2015
- Ohio, New York, Iowa and Texas Academy of Nutrition and Dietetics meetings. Gluten free or free for all: A look at the myths and facts surrounding wheat, gluten and grains. Spring 2015.
- Wheat Foods Council Wheat Safari. Ancient grains. Fargo, ND August 2014.
- Wheat Foods Council Wheat Safari. Myths and facts about wheat and gluten. Fargo, ND August 2014
- Wheat Foods Council Wheat Safari. Myths and Facts about Wheat and Gluten. Manhattan, KS August 2013.
- CA Dietetics Assn. Gluten and Health: The connection between gut health, food sensitivities and allergies. Oakland, CA. April 9, 2014.

- Acad. Nutr. Dietetics, Annual Meeting (FNCE), Grain brain strain: How does it all fit in the diet? Philadelphia, PA. October 9, 2012.
- Amer. Assoc. Cereal Chemists Annual meeting. Arsenic in grains, foods and rice. Hollywood, Fl. Oct 3, 2012.
- Amer. Assoc. Cereal Chemists Annual meeting. Whole grains food definition. Hollywood, Fl. Oct 3, 2012.
- Amer. Assoc. Cereal Chemists Annual meeting. Grain proteins: Combining incomplete proteins and amino acids for improved protein quality and health. Hollywood, Fl. Oct 2, 2012.
- Amer. Assoc. Cereal Chemists Annual meeting. The glycemic index. Hollywood, Fl. Oct 1, 2012.
- Amer. Assoc. Cereal Chemists Annual meeting. Soluble fiber and health. Symposium Honoring the late Peter Wood. Hollywood, Fl. Oct 1, 2012.
- Acad. Nutr. Dietetics Webinar, Whole grains: Overcoming barriers between scientific evidence and consumer behavior, September 12, 2012.
- Grains Food Foundation Wheat Safari. Wheat foods: Whole grains, folate, health, gluten free and more. Manhattan and Kansas City, Kansas. June 15, 2012.
- Whole Grains Summit. Grains for Health. Whole grains labeling. Minneapolis, MN. May 18, 2012.
- JIFSAN Feeding the World population Today and Tomorrow. Chemical risks in our food in perspective. Greenbelt, Maryland. May 1, 2012.
- FASEB. Roadmap for future fiber research- Integrating new findings about fiber to inform future directions. San Diego, CA. April 25, 2012.
- Minneapolis Les Dames d'Escoffier. , Nutrition and food safety- A look at beliefs and the popular press. Minneapolis, MN. February 21, 2012.
- AND and the California Fig Advisory Board. Figs and health. Webinar. January 15, 2012.
- ILSI Annual Meeting. Dietary fiber definitions and methods – A short history. Phoenix, AZ. January 23, 2012.
- Amer. Diet. Assn. Annual Meeting - FNCE. How risky is our food? Clarifying the controversies of chemical risks in food. September 29, 2011. San Diego, CA.
- Amer. Assoc. Cereal Chemists Annual meeting. Dietary advice: Half your grains whole or all grains whole and no refined grains? Palm Springs, CA. October 18, 2011.
- Amer. Assoc. Cereal Chemists Annual meeting. Whole Grains vs Dietary Fiber. Palm Springs, CA. October 17, 2011
- Amer. Diet. Assn. Webinar. The family of fibers: Dietary variety for maximum benefit. Sept 2011.
- Inst. Food Technologists Annual meeting. Refined grains are not the same. New Orleans, LA. June 14, 2011.
- AACC International Milling and Baking Division. Whole grains update, Bloomington, MN. May 20, 2011.
- El Paso Dietetics Association. Dietary fiber, El Paso, TX. May 13, 2011.
- ILSI NA and ILSI Europe and the 9th Vahouny Symposium on Dietary Fiber. ILSI Annual Meeting. January 25, 2011. Orlando, FL.
- Society of Nutrition Education and Dairy Council webinar. Food intolerances: How to distinguish between fad and reality. January 20, 2011.
- MN School Nutrition Association Fall Conference. Breakfast: The most important meal. Chanhassen Area High School. Chanhassen, MN. October 30, 2010.
- AACC Intl Annual Meeting. Is there a role for gluten-free diets beyond celiac disease? A review of the literature. Savannah, GA. October 23, 2010.
- Pre-Annual AACC Intl Annual Meeting Short Course. Sugars and health. Short Course, Savannah, GA. October 20, 2010.
- Healthy Ingredients (Japan). Of Figs and Fiber. Tokyo, Japan. October 12, 2010.
- Webinar for Diabetes Care and Education (DCE) Dietetic Practice Group Focus on Fibers: What RDs Need to Know NOW. Sept 24, 2010.
- Webinar for Food and Culinary Professionals. Focus on fibers: What RDs need to know now. September 10, 2010.
- Minnesota School Nutrition Association Annual Meeting. Sugars in the diet. Rochester. MN. August 11, 2010.
- Institute of Food Technologists annual meeting pre-meeting workshop. Whole grains and health. Chicago, IL July 17, 2010.
- Vahouny Fiber Conference. Implementation issues of the CODEX dietary fiber definition”, Washington DC. June 8, 2010.
- Pre-conference for Canadian Dietetics Association. Whole Grains - Get the Whole Story. Montreal, May 26, 2010.
- Minnesota Dietetics Association Sugar and spice and everything nice? The truth about sweeteners in the diet. St. Paul, MN. April 15, 2010.
- Centennial Scholar Lecture for Kansas State University. Grains of Truth. Manhattan, KS February 17, 2010.

- School, Nutrition Directors of Minnesota. Annual Meeting. Dashing for the Mediterranean diet and everything you always wanted to know about foods and nutrition: Now It's your chance to ask. Brooklyn Park, MN. January 15, 2010.
- St. Catherine University. Dashing for the Mediterranean Diet: A strategy for preventing obesity. St. Paul, MN. Jan. 14, 2010.
- American Dietetics Association. Carbohydrates: Newest research and practical application in glycemic control. Denver Colorado. October 19, 2009
- American Dietetics Association - Sponsored Breakfast. Raisins and dried fruit and the Mediterranean Diet. Denver, Colorado. October 18, 2009.
- American Dietetics Association. Raisins and dried fruit, weight control and nutrient intake. Denver, Colorado. October 18, 2009.
- American Dietetics Association Pre- Meeting for Supermarket RDs. Research, Resources and Consumer Processing Trends in the Dried Fruit Aisle. Johnsons and Wales University, Denver, Colorado. October 16, 2009.
- Twin Cities Home Economists in Business. Dashing for the Mediterranean Diet: A strategy for preventing obesity & maintaining health with diets that aren't diets. Minneapolis, MN. Sep. 23, 2009.
- American Association of Cereal Chemists Annual Meeting. Raisin and dried fruit intake is associated with increased whole grains and reduced overweight and obesity; NHANES 1999-2004. Co-author D. Keast. Baltimore, MD. Sept 14, 2009.
- American Association of Cereal Chemists Annual Meeting Short Course. Dietary Fiber in Food Systems. Much ado about fiber. Baltimore, MD. Sept 12, 2009.
- ILSI/IFIC webinar. Fructose: The state of the science. September 10, 2009.
- Agriculture Committees of the US House and Senate. Grains and whole grains. Washington, DC. March 2009.
- Minnesota WIC State Meeting. Whole grains, not your grandfather's whiskers. Brooklyn Park MN. April 16, 2009
- Minnesota Consulting Dietitians. Whole grains, not your grandfather's whiskers. Plymouth MN. April 16, 2009.
- Iowa Consulting Dietitians – Whole grains - Not your grandfather's whiskers. Urbandale, Iowa, April 6, 2009.
- American Dietetics Association Annual meeting. Breakfast on breakfast – Wise choices for a healthy start. Chicago, IL. October 26, 2008.
- American Association of Cereal Chemists Annual Meeting. Whole grains: What's in a Name? Honolulu, Hawaii. September 23, 2008.
- FMI - Consumer Affairs Communications and Community Relations Seminar. Breakfast – benefits of grain foods. Boston MA. October 7, 2008.
- Whole Grains _ Just for the Health of It. Tour du Life. Dallas, TX June 6, 2008; Newark, New Jersey June 26, 2008; and Seattle WA August 7, 2008.
- MN State Extension Agents conference. Focus on dietary fiber – Just for the health of it. University of MN. St. Paul, MN. July 31, 2008.
- Institute of Food Technology Annual meeting. Food science and nutrition working together to help consumers implement dietary fiber guidelines. New Orleans, LA. July 1, 2008.
- American Diabetes Association Annual meeting symposia “Carbohydrates – Are they all created equal when it comes to glycemic control? Carbohydrate Metabolism 101- A Scientific Exploration of This Nutrient. San Francisco, CA. June 7, 2008.
- John Halvorsen Memorial Lectureship. Milling and Baking Lectureship Address and Award. What's new in nutrition? From gluten free to the glycemic response. Kansas City, KS. May 23, 2008.
- California Raisin Growers Annual meeting. Raisins – The nutritional benefits. Fresno, CA. April 30, 2008.
- Washington State Dietetics Meeting. Antioxidants for all: Even the Gluten Intolerant. Yakima, WA. April 29, 2008.
- International Diabetes Center, Symposium for Diabetes Educators. Glycemic index: Current controversies. Minneapolis, MN. April 15, 2008.
- Priester Lectureship, National US Extension Agent Conference. Meeting Nutrients of Concern with Fruit, Nuts and Dried Fruit. Raleigh- Durham, NC. April 9, 2008.
- Harvard Oldways Conference. Sugars and health - Managing sweetness. The National Press Club, Washington DC. April 3, 2008.
- ILSI Special Workshop on Fructose. The truth about fructose. USDA Conference Moderator and opening speaker. USDA campus Beltsville, MD. March 18-19, 2008.
- Midwest Diabetes Educators Conference. Antioxidants for all, Even the gluten intolerant. Madison WI, March 14, 2008.

- Food and Agriculture of Western Canada Conference. Foods for Health Conference. Dietary fiber-Just for the health of It. Edmonton, Alberta. March 3, 2008
- American Institute of Baking. Whole grains: Get the Whole Story. Manhattan, KS. February 4, 2008.
- American Institute of Baking Whole grains in baking, Manhattan, KS. February 4, 2008.
- Wheat Foods Council Annual Meeting. What's next in the dietary guidelines? Denver, CO. January 30, 2008.
- Raisins and Dried Fruits as Functional Foods, Growers Conference January 8, 2008. California Extension Service and Fresno State University. Easton, CA.
- AACC International Annual Meeting. Low carbohydrate diets and their effects on human health—The long and short of it. San Antonio, TX. October 8, 2007.
- AACC International - 2007 Annual Meeting Whole Grains — Wholly unappreciated to wholly cow! San Antonio, TX. October 9, 2007.
- Culinary Institute of America. Fruits, dried fruits and whole grains. Napa Valley, CA. Oct 4-7, 2007
- Fruit and alternate whole grains as a strategy for a healthy celiac diet. American Dietetics Association Annual Meeting, Philadelphia. September 29, 2007.
- 7th Pangborn Sensory Science Symposium. Health effects of modified fat foods. Minneapolis, MN. August 13, 2007.
- Society of Nutrition Education. Fruit, nuts and whole grains: Keys to addressing nutrients of concern and reducing chronic disease. Orlando, FL. July 29, 2007.
- Institute of Food Technologists. Use of low glycemic carbohydrates in new product development, Part 1: Physico-chemical and functional aspects - Glycemic Impact. Chicago, IL. July 28, 2007
- Use of Low Glycemic Carbohydrates in New Product Development. Part 2: Physiological and Health Aspects – Interactive Discussion. Institute of Food Technologists. Chicago, IL. July 28, 2007.
- Workshop IFT. The hitchhikers guide to carbohydrates, part 1: The glycemic galaxy and translating nutrition science into new product development. Chicago, July 26, 2007.
- Workshop IFT. The hitchhikers guide to carbohydrates, part 2: The intestinal galaxy and translating nutrition science into new product development Chicago, July 26, 2007.
- Florida Dietetics Association. Fruit, nuts and whole grains: Keys to addressing nutrients of concern and reducing Chronic Disease. Marco Island, FL. July 9, 2007.
- Twin Cities District Dietetic Association. The importance of breakfast. Woodbury, Minnesota. June 12, 2007.
- Twin Cities District Dietetic Association. Dairy, fruit and whole grains: Keys to addressing nutrients of concern and reducing chronic disease. Woodbury Minnesota. June 12, 2007.
- Ohio Dietetics Association. Fruit and whole grains: Keys to addressing nutrients of concern and reducing chronic disease. Huron, OH. April 23, 2007.
- California Dietetics Association. Fruit and whole grains: Keys to addressing nutrients of concern and reducing chronic disease. Oakland, CA. April 19, 2007.
- North Carolina Dietetic Association. Whole Grain – More than Just Fiber. Raleigh, NC. April 2, 2007.
- Minnesota WIC Conference. Whole grains: It's not your grandfather's shredded wheat. Brooklyn Center, Minnesota. March 28, 2007.
- Illinois Dietetic Association. The skinny on breakfast. Oakbrook, IL. March 30, 2007.
- The Leadership Challenge Conference for Women in Business. Food for thought. College of St. Catherine St. Paul, Minnesota. January 25, 2007.
- Twin Cities District Dietetic Association. The glycemic response – Incredibly useful or hopelessly useless. Roseville, Minnesota. January 9, 2007.
- Whole Grains Council Annual Meeting Whole Grains Go Mainstream. Benefits beyond fiber: Research confirms whole grains reduce diabetes, cancer, heart disease and obesity risks. New Orleans, LA. November 14, 2006
- AACC Annual meeting Organizer/ Moderator. Use of whole grains in breakfast foods. San Francisco, CA. September 18, 2006.
- AACC Annual meeting Latest research on whole grains and their importance in formulating breakfast foods. San Francisco, CA. September 18, 2006.
- Institute of Food Technologists Annual Meeting. Closing the gap with nutrient dense whole grain foods. Orlando, FL. June 25, 2006.
- Institute of Food Technologists Annual Meeting Maintaining Healthy Bones – Fortification of whole grain breads with calcium and Vitamin D. June 25, 2006. Orlando, FL.
- US. Barilla Nutrition Summit. Kendall College. Nutrition and health trends. Chicago, IL. June 1, 2006.
- North American Millers Association and USDA, ARS, Whole grains nutrition Peoria, IL. May 11, 2006.

Louisiana Dietetics Association. Deciphering dietary recommendations: Moving from advice to action. Baton Rouge, April 27, 2006.

Whole Grains: Get the Whole Story. American Institute of Baking, Whole grains in baking, Manhattan, KS. April 24, 2006.

California Les Dames d'Escoffier. Great Tasting Food Can Meet Nutritional Needs. San Diego, CA. April 17, 2006.

Minnesota Association Family and Consumer Science annual meeting. The glycemic index: Is it the next fad or an important dietary concept? New Ulm, Minnesota. March 31, 2006.

Minnesota Association Family and Consumer Science annual meeting. Tips for using MyPyramid to attain a healthy diet. New Ulm, Minnesota. March 31, 2006.

Twin Cities Home Economists in Business. Reasons to incorporate whole grains onto your menus. Minneapolis, Minnesota. December 5, 2005.

Calorie Control Council Annual meeting. Dietary fiber and health. Ponte Verde, Fl. November 8, 2005.

American Dietetics Association Annual meeting. Closing the gap with nutrient dense whole grain foods. St. Louis. MO. Oct. 25, 2005,

Penn. Academy of Nurse Practitioners. Whole Grains: What to tell your patients. Pittsburg, PA. Oct 16, 2005.

Consulate of Canada and LifeScience Alley Conference on Bioscience. Functional Foods. Saint. Paul, Minnesota. October 5, 2005.

American Association of Cereal Chemists _International annual meeting. Defining whole grains. Orlando, Florida. September 13, 2005.

American Association of Cereal Chemists _International annual meeting. The glycemic response , Orlando Florida. September 12, 2005

Minneapolis Rotary What's new in nutrition. Radisson University, Minneapolis, Minnesota. August 3, 2005.

General Mills Speakers Bureau. What health professionals know about whole grains. Minneapolis, Minnesota. July 27, 2005.

Society of Nutrition Education Annual meeting. Whole grains and health. Orlando, Fl. July 25, 2005,

American Institute of Baking. Whole grains: Get the whole story. Manhattan, KS. April 25, 2005.

American Assoc. of Family and Consumer Science Annual Convention, Obesity – Health risks and strategies for reducing risks. Minneapolis, Minnesota. June 24, 2005.

International Association of Culinary Professionals. (Webinar). The glycemic index and glycemic response: Ultimate key to weight loss or just another crazy trend. January 25, 2005.

Whole Grains Council and Oldways Preservation Trust annual meeting. Fingers on the consumer pulse: What do surveys reveal? New Orleans, LA. Nov 14, 2004.

Connecticut Dietetic Association. Carbohydrate confusion: Get the whole grain story. Plantsville, CT. November 9, 2004.

Women Venture Conference. Food for Thought: Our Culinary Love Affair. Minneapolis, MN. November 10, 2004.

Minnesota Nutrition Council. Acrylamide. Roseville, MN. October 13, 2004.

American Home Bakers Association. Whole grains for the health of it. Phoenix, Az. October 4, 2004.

American Dietetics Association- Food and Culinary Professionals. Spa cuisine. Laguna, CA. Oct. 2, 2004.

Institute of Food Technologists Annual Meeting. Overview of the glycemic response of foods. Las Vegas, NV. July 13, 2004.

Institute of Food Technologists Annual Meeting. Overweight and obesity in the US. Las Vegas, NV. July 14, 2004.

International Life Sciences Institute. Consumer label comprehension. Dietary Reference Intakes: Implications for fiber labeling and consumption. Washington, DC. June 4, 2004.

American Association of Cereal Chemists International workshop. Low- carbohydrate foods. Keynote speaker. Chicago, IL. May 2004.

Milling and Baking Division Annual Meeting. Grains for the health of it. Atlanta, GA. May 1, 2004.

California Commodity Groups. Benefits of antioxidants in fruits, Fresno, CA. April 2004.

American Institute of Baking. Whole grains: Get the whole story and Whole grains in baking. Manhattan, KS. April 19, 2004.

Acrylamide Summit – Session organizer and raconteur. Chicago, IL. March 2004.

Institute of Food Technologists Obesity Summit - - How is the food industry going to work to help with the obesity issue? Organized the meeting and ran a session. February 8, 2004.

Medtronics Women's Coalition. What's new in nutrition? Fridley, Minnesota. January 8, 2004.

American Dietetic Association. Acrylamide: Unlocking the puzzle. San Antonio, TX. October 27, 2003.

American Dietetic Association. Emerging role of the glycemic index and the glycemic response: A useful tool? San Antonio, TX. October 26, 2003.

- American Association of Cereal Chemists International, Annual Meeting. Consumers and whole grains: they don't even know what they are missing. Portland, Or. October 1, 2003.
- American Association of Cereal Chemists International. Annual Meeting. Flour fortification. Portland, Or. October 1, 2003.
- American Association of Cereal Chemists International. Annual Meeting. Obesity. Hot topic for the industry. Portland, Or. September 30, 2003.
- Institute of Food Technologists Annual Meeting Whole Grains: One key to reducing chronic disease. Chicago, IL. July 15, 2003.
- Institute of Food Technologists Annual Meeting. Marketing, labeling and health claims for whole grains. July 15, 2003.
- Institute of Food Technologists Annual Meeting. Marquart, L, Reicks, M. Fulcher, RG, Burgess-Champoux, T, Jones, J.M. (speaker) Whole grains: Failing miserably at achieving recommended intakes and how the food industry can help. July 15, 2003. Chicago, IL.
- Institute of Food Technologists Annual Meeting. Using low-calorie sweeteners in the fight against obesity. Chicago, IL. July 16, 2003.
- American Association of Cereal Chemists International/Milling and Baking, Division Spring Conference and NW Section's 15th Annual Food Focus. It's the oatmeal and carrots that are making you fat, Stupid. Minneapolis, Minnesota. May 7, 2003.
- Nutrition Council of Minnesota. The whole is greater than the sum of its parts. St. Paul, MN. March 6, 2003.
- MN Les Dames d'Escoffier, Avoiding faddy diets. Minneapolis, MN. March 3, 2003
- Women at Midlife Conference. Avoiding faddy diets. College of St. Catherine. St. Paul, Minnesota February 2003.
- Minnesota Nutrition Council. Beyond fiber: Getting the whole grain story. Minneapolis, Minnesota. March 11, 2003.
- American Dietetics Association. Annual Meeting. Whole grains: Functional, fun, convenient and versatile - A Culinary / Science Presentation. Philadelphia, PA. October 20, 2002.
- American Dietetics Association. Annual Meeting. Is sugar unjustly taking its lumps? A review of the newest science and how to apply it. Philadelphia, PA. October 20, 2002.
- American Association of Cereal Chemists International Annual Meeting. Nutritional, food safety and sensory aspects of organic products. Montreal, Canada. October 15, 2002.
- Nutrition Division Symposium, American Association of Cereal Chemists International Annual Meeting. Whole grains, diabetes and blood sugar. Montreal, Canada. October 14, 2002.
- American Association of Cereal Chemists International, Annual Meeting/ICC Forum. A global force for a new millennium. Montreal, Canada. October 13, 2002.
- Florida Dietetics Association. The emerging role of whey proteins in cardiovascular disease and overall health. Lauderdale, FL. July 16, 2002.
- American Association of Cereal Chemists International NW Section's 14th Annual Food Focus. Dietary advice – Of pyramids, prescriptions and paradigms. Minneapolis, Minnesota. April 18, 2002.
- American Association of Cereal Chemists International Annual Meeting. Natural and organic – What it means to cereal chemists. Montreal, Canada. October 15, 2002 Also session moderator for Symposium on Organic and Alternate Grains with Pierre Gelians, Agriculture and Food Canada.
- Hot Topics Forum at the Annual meeting of the Society of Nutrition Education. The Glycemic index and health. St. Paul, MN. July 30, 2002.
- Florida Dietetics Assn. The Emerging Role of Whey Proteins in Cardiovascular Disease and Overall Health. Ft. Lauderdale, Fl. July 16, 2002.
- Dietary Advice: Of pyramids, prescriptions and paradigms. Hot Topics in Cereal Nutrition. AACC NW Section. April 18, 2002.
- Hot Topics in Cereal Nutrition. AACC NW Section. Where are processors and consumers with respect to grains, whole grains and health? Co-presenters C. O'Donnell and Len Marquart. Minneapolis, MN. April 18, 2002.
- Harvard Oldways Preservation Trust. Whole grains in health and disease. San Diego, CA. April 12, 2002.
- Allina Conference for MDs. N-3 fats – Efficacy and safety. Vail, Co. January 24, 2002.
- MD Update Allina Physicians. Whole grains in health and disease. Vail, CO. January 26, 2002.
- Roman Meal Update. Whole Grains, the Pyramid and the Glycemic Index. Tacoma, WA. January 13, 2002.
- American Academy of Family Practice Association. Whole grains – Beyond fiber. San Antonio, TX. November 9, 2001.

- American Dietetics Association. Annual Meeting. Whole grains – Building a coalition. ADA, Kansas City, Mo. October 2001.
- American Association of Cereal Chemists International annual meeting. Whole grains and health, Charlotte, NC. October 2001.
- American College of Nutrition Annual Meeting. Strategies for promoting whole grain foods: Government, industry and academic collaboration. Orlando, FL. October 2001.
- Grains for the Health of It. Grain-based foods and health. Minneapolis, Minnesota. Sept 21, 2001.
- Grains for the Health of It. Overview of grains and health., Minneapolis, Minnesota. Sept. 21, 2001.
- American Association of Cereal Chemists International Annual Meeting. Whole grains and prevention of Type II diabetes. Montreal, Canada. October 2002
- AACC Forum Moderator Annual meeting. Developing Grains for Better Health. Montreal, Canada. October 2002.
- American Dietetics Association. Health effects of whole grains. St. Louis, Mo. October 21, 2001
- Florida Dietetics Association. Whole Grains – Just for the health of it. St. Petersburg, Florida. July 17, 2001.
- New York State Dietetics Association. Dietary guidelines for the new millennium. Saratoga Springs, NY. May 4, 2001.
- American Association of Cereal Chemists International Annual meeting. Food safety issues for cereal chemists — Kansas City. MO. November 4, 2000.
- University of St. Thomas and College of St. Catherine – theater departments. Size in women. St. Paul, Mn. October 23, 2000.
- American Association of Cereal Chemists International and IFT Central States Sections of Institute of Food Technologists and AACC. Definition of dietary fiber. St. Louis, Minnesota. October 3, 2000.
- American Association of Cereal Chemists International Workshop. Functional foods – Strategies for the food industry. Seattle, Washington. August 21, 2000.
- American Association of Cereal Chemists International Workshop. Immune enhancing foods. Strategies for the Food Industry. Seattle, Washington. August 21, 2000.
- New York Section Meeting American Association of Cereal Chemists International. Redefining dietary fiber and whole grains. May 9, 2000.
- Minnesota Dietetics Association. Food Safety: New Pathogens and New Paradigms. Rochester, Minnesota. May 4, 2000.
- University of Minnesota Conference on Enhanced Landscape, Food Systems, Human and Animal Health Sedentary sins and poor choices threaten the health of many consumers. St. Paul, Minnesota. April 28, 2000.
- 12th Annual Food Focus of NW Section of American Association of Cereal Chemists International. GMOs: Issues and choices. Minneapolis, Minnesota. April 19, 2000.
- AACC TriSectional Meeting. Dietary fiber and whole grains. Manhattan, KS. April 11, 2000.
- American Association of Cereal Chemists International and NW Section of American Association of Cereal Chemists International. New definitions: Whole grains, dietary fiber and health. Minneapolis, MN. February 23, 2000.
- International Food Info Council. An antioxidant case study in foods communication. Washington DC. October 13, 1999.
- AACC Workshop Functional Foods: Strategies for the Food Industry. Immune enhancing foods. Seattle, WA, August 21, 2000.
- Institute of Food Technologists Hot Topic. IFT Annual meeting. The food medicine show: From snake oil to fish oil. Chicago, IL. July 24, 1999.
- American Association of Cereal Chemists International Workshop. Functional foods: Strategies for the food industry. Newport Beach, CA. June 14, 1999.
- American Association of Cereal Chemists International /ILSI Workshop. Dietary Fiber and Nutrition: Satiety, Food choice, dietary patterns and energy density. Defining Dietary Fiber. Washington, DC. June 2, 1999.
- American Association of Cereal Chemists International /ILSI Workshop Dietary Fiber Characteristics: A matrix for consideration. Defining dietary fiber. Washington, DC. June 3, 1999.
- American Association of Cereal Chemists International -Tri-Section Meeting. Functional foods: Overview and regulatory aspects. Manhattan, KS. April 9, 1999.
- United Hospital 16th Annual Vail Conference. Update on nutrition. Avon, CO. January 27, 1999.
- AACC Annual Meeting Symposium: Functional Foods: A global perspective. Minneapolis. September 16, 1998.
- NE Metro District 916 In-service. All I wanted to know about nutrition. Valley Crossing school. August 28, 1998.
- Minnesota School Food Service. Everything you wanted to know about nutrition but were afraid to ask. Rochester, Minnesota. August 4, 1998.

American Business Women's Association. Herbal remedies in nutrition. Bloomington, Minnesota. August 18, 1998.
 IFT Hot Topic. IFT Annual Meeting. Food for Health. Chicago, IL. June 21, 1998.
 MN Assn of Family and Consumer Science Annual meeting. New Trends in Nutrition. Bloomington, MN. April 18, 1998.
 10th Annual Food Focus. American Association of Cereal Chemists International. Functional foods: Different perspectives. Minneapolis, Minnesota. April 23, 1998.
 South Central District Dietetic Assoc. BSE, BST and BS in Food Safety. Willmar, Minnesota. March 27, 1998.
 11th Annual University of Minnesota Medical School Conference on the Prevention and Management of Atherosclerotic Diseases. Current dietary issues. Minneapolis, Minnesota. March 20, 1998.
 Minnesota, Association of Family and Consumer Science Annual Meeting. New Trends in Nutrition. Bloomington, Minnesota. April 18, 1998.
 United Hospital Medical Update Conference. Update on nutrition. Vail, CO. January 29, 1998
 Minnesota School Food Service Association. Food myths. Lakeville, Minnesota. November 8, 1997.
 IBC's 6th Biennial Conference on Fat and Cholesterol Reduced Food. Nutritional ramifications of fat-free products. Orlando, FL. March 26, 1997.
 The Cultor Food Science Forum. Required innovation in food safety. Chicago, IL. March 19, 1997.
 American Association of Cereal Chemists International Short Course. Trends in nutrition of fats and oils. fats and oils and substitutes in baked Products. Chicago, IL. March 7, 1997.
 Fat and Cholesterol Reduced Foods. Nutritional ramifications of fat free products. Orlando, FL. March 26, 1997.
 United Hospital 16th Annual Vail Conference. BSE, BST, and other nutritional BS's. Avon CO. January 27, 1997.
 Prepared Foods & New Products News Conference for Industry Leaders. Fat-free Paradise and Other Myths. Phoenix, AZ. October 13, 1996.
 Minnesota Nutrition Council. Folic acid: New research findings. Minneapolis, MN. May 23, 1996.
 Twin Cities HEIB. Nutrition update: Food and health. Minneapolis, MN. February 20, 1996.
 Young Scientist Roundtable. Anorexia and bulimia. Minneapolis, MN. March 12, 1996.
 United Hospital Annual Conference. Current issues in nutrition. Vail, CO. January 29, 1996.
 AACC Annual Meeting. Emerging Issues Forum. Panelist and Panel Chair. Emerging food safety and nutrition issues. San Antonio, TX. November 8, 1995.
 Minnesota State Cattlemen's Association. Food Safety: It's up to all of us. Minneapolis, MN. December 2, 1994.
 District K Home Economics Association Fall meeting. The great food safety debate. Minneapolis, MN November 10, 1994.
 AACC Short Course. Nutritional properties of cereals. Minneapolis, MN. May 18, 1994.
 AACC Short Course. Introduction to cereal science and technology. Minneapolis, MN. May 18, 1994.
 AACC Short Course. Fats and oils and substitutes in baked products. Lisle, IL. March 10, 1994.
 AACC Short Course. Nutritional implications of trans fatty acids. Lisle, IL. March 10, 1994.
 United Hospital Annual Conference. Update on Nutrition. Vail, CO. January 24, 1994.
 Fat and Cholesterol Reduced Foods IV. How low is too low? Is there such a thing? Orlando, FL. March 30, 1993.
 Fat and Cholesterol Reduced Foods IV. Fats and oils. Session moderator and opening remarks. Orlando, FL. March 31, 1993.
 Minnesota Dietetics Association and the Minnesota Beef Council. Consumer confusion about food safety and nutrition. Bloomington, MN. January 20, 1993,
 Association of Operative Millers and Lone Star Section AACC Joint Meeting and Technical Conference. Nutrition labeling. Watonga, OK. October 9, 1992.
 AACC Annual Meeting Preconvention Short Course. Fats and Oils and Substitutes in Baked Products. Nutritional implications of trans fatty acids. Minneapolis, MN. September 19, 1992.
 How Safe Is Our Food? Midwest Food Expo, September 26, 1992. Minneapolis Convention Center. Minneapolis, MN.
 AACC Food Safety and Sanitation Short Course. FDA food laws and regulations on food safety. Minneapolis. MN. April 29, 1992.
 AACC Short Course. Introduction to cereal science and technology. Minneapolis, MN. May 21, 1992.
 AACC Short Course. Nutritional properties of cereals. Minneapolis, MN. May 21, 1992.
 AACC 4th Annual Food Focus. Nutritional implications of fat alternates. Minneapolis, MN, April 28, 1992.
 Wisconsin Hospitality Expo. How safe is our food? Marshfield, WI. March 4, 1992.
 Women's Economic Roundtable. Nutrition and heart health. Minneapolis, MN. February 10, 1992.
 Fiber in food: Biochemistry, Physiology, and Technology. Course director, Phoenix, Az. January 29-31, 1992.
 AACC Fiber Short Course. Nutritional overview of cereal brans. Scottsdale, AZ. January 29, 1992.

- AACC Fiber Short Course. Vitamins, Minerals and Natural Toxins. Scottsdale, AZ. January 29, 1992.
- AACC Fiber Short Course. Fiber in Food: Biochemistry, physiology and technology AACC January 29-31, 1992. Scottsdale, AZ. (Course director/ Meeting Co-Chair, January 29-31, 1992).
- AACC Central States Section. Nutritional Expectations of Consumers. Healthy Food, Healthy Industry St. Louis, Mo. January 23, 1992.
- Minnesota Beef Council. Current food safety issues. July 12, 1991. Bloomington, MN.
- Midwest Food Processing Conference. Why don't consumers get the food safety message? Is their fax machine defective or what? La Crosse, WI. October 7, 1991.
- MN Conference for Animal Agriculture Issues. Food safety with Linda Diehlman and Jim McKean. Minneapolis. November 27, 1990
- AACC Short Course Fiber in Food: Biochemistry, Physiology and Technology Vitamins, Minerals and Toxins. Meeting Course director /Co-Chair, Dallas, TX. October 11-13, 1990.
- CSC Alumnae Assn. Nutrition of women. St. Paul, Mn. June 23, 1990.
- NW Section AACC Food Focus. The real issues in food safety. Minneapolis, MN March 26, 1990.
- Natl Assn Aging. Inherent Food Toxicity. Minneapolis, MN. June 15, 1999.
- AACC Short Course. Introduction to Cereal Chemistry. Minneapolis, MN. May 16, 1990.
- Mn Nutrition Council. What are the real food safety issues? St. Paul, MN. January 11, 1990
- District XI-K Home Economics Association Annual meeting. Polyunsaturated FACTS about Nutrition. Minneapolis, MN. November 8, 1989.
- AACC Short Course. Adding fiber to food: How and why. Chicago, IL. June 5-6, 1989.
- AACC Short Course. Fiber and disease: How strong are the links? Chicago, IL. June 5-6, 1989.
- Nutrition controversies – Fat sources and Ingredients. April 18, 1989. AACC's Northwest Section Regional Conference and 1st Annual Food Focus. Minneapolis, MN.
- 19th Annual Continuing Education Conference for Dietitians and Nutritionists. Tropical oils. UW- Stout, Menomonie, WI. April 7, 1989.
- Nutrition Answer Booth, Land of Lakes, Arden Hills. MN. March 29, 1989.
- MN Dietetics Assn. Fall meeting. Are the risks of eating too risky? October 15, 1988.
- 7th Annual Midwest Food Processing Conference of the WI, MN Chicago and IA IFT Sections. The U.S. Diet is better than you think. La Crosse, WI. October 4, 1988.
- AACC Short Course on Introduction to Cereal Chemistry. Nutrition. Minneapolis, MN. May 16, 1988.
- MW Foods '88. If it's edible, it's microwaveable, but is it nutritious? Chicago, IL. March 8, 1988.
- Melpomene's Conference on Women's Health Care Dilemmas. Body weight and body image. St. Paul Ramsey Hospital, St. Paul, MN. April 3, 1987.
- Nutrition and Health Conference. How safe is our food? University of MN. St. Paul, MN. November 6, 1987.
- 5th Annual Gorman Conference on New Products. Light on lite foods. Ft. Lauderdale, FL. October 25, 1987.
- AACC Nutrition Short Course. Introduction to cereal chemistry. Bloomington, MN. May 16, 1987.
- Making Quality Happen. Griffith Laboratories Annual Sales Meeting. Nutrition update. Ft. Lauderdale, FL. March 30, 1987.
- Soc. for the Advancement of Food Service Research. Fats and oils research: Dietary concerns. Dallas, TX. March 13, 1987.
- 5th Annual Gorman Conference on New Products. Nutritional issues in food service. Phoenix, AZ. October 27, 1986.
- MN Home Economics Association. Marketing food and nutrition programs. Minneapolis, MN. April 4, 1986.
- Opening Celebration - College of St. Catherine. Changing times, changing paradigms. St. Paul, MN. September 24, 1986.
- The Women's Health Center of the Jewish Community Center of Greater Minneapolis. Reflections on myths and realities of body image. Wayzata, MN. April 30, 1986.
- Melpomene Body Image Series. Who needs diets anyway? St. Paul, MN. February 28, 1986.
- The 2nd Nutrition in the 80's Update. Premenstrual syndrome and nutritional implications. St. Paul, MN. November 8, 1985.
- AACC Short Course. Who says nutrition doesn't sell? Course Director. Kansas City, MO. June 18-19, 1985.
- AACC Short Course Nutrition. Introduction to cereal chemistry. Minneapolis, MN. May 14, 1985.
- Working Women's Network. Special nutritional concerns of women. Minneapolis, MN. August 9, 1984.
- MN School Food Service Association Annual Meeting. Nutrition gems in the lunch bag. Rochester, MN. June 13, 1984.
- MN Nutrition Council. PMS – Nutritional Aspects. St. Paul, MN. May 18, 1984.

Melpomene Conference. Maybe you're not overweight: Examining our images of fit and fat. Minneapolis, MN. February 11, 1984.

Pillsbury Wellness Lunch. Controversies in nutrition. Minneapolis, MN. March 15, 1984.

4th Annual State School Health Education Conference. Food fads and fallacies. Brooklyn Park, MN. February 13, 1984.

Science Museum of Minnesota. Weight control - Fad diets. St. Paul, MN. October 11, 1983.

MN School Food Service Association. What every woman should know about osteoporosis. Mankato, MN. November 19, 1983.

Nutrition in the 80's: Current issues and controversies. Premenstrual syndrome and nutritional implications. Minneapolis, MN. November 18, 1983.

Nutrition Council Conference. Nutrition affects behavior: Hyperactivity and the premenstrual syndrome. The brain: Nutrient Function and Behavior. October 15, 1983. Univ. MN. Rochester, MN.

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Minnesota Conference for the Deaf. Nutrition Facts and Myths. Minneapolis, MN. March 22, 1982.

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Nutrition Education and Training– MN Extension. The shape of nutrition: Physical performance, weight control and anorexia nervosa. Thief River Falls, MN. June 10, 1981.

Ramsey County Day Activity Center. Nutrition for children with special needs. St. Paul, MN. May 28, 1981.

AACC Introduction to Cereal Chemistry and Technology Short Course. Nutrition for Cereal Chemists. Minneapolis, MN. May 20, 1981.

Food Editors Conference. Nutritional virtues of bread. New York NY. May 8, 1981.

Minnesota School Food Service Convention. Nutrition and school lunch. St. Paul, MN. April 25, 1981.

Minnesota Home Economics Association. Current nutrition controversies. Rochester MN. March 28, 1981.

Farm Women's Forum. Dietary goals as they relate to the producer/ consumer. March, 26, 1981.

UW Extension Nutrition Education Conference. Nutrition controversies. Menomonie, WI. February 19, 1981.

Normandale Community College and the Twin Cities District Dietetics Association. Lecture Series. Current issues about vitamins and minerals. Minneapolis, MN. Six Thursdays from Feb 5-March 12. 1981.

School Food Service – Partners in Nutrition Education. Upper Midwest Hospitality Show. Weight control issues. Minneapolis, MN. February 3, 1981.

Food Editors Conference. Relying on the 'staff of life.' New York City, NY. May 8, 1980.

Nutrition Controversies. Upper Midwest Hospitality Show. Whom do you trust in nutrition? Food for thought. February 12, 1980.

The Frazier School. Nutrition for toddlers, especially those with special needs. November 1980.

Macalester College Lecture Series. World Hunger. St. Paul, MN. January 10, 1978.

Scientific Committees

2009 Cereals and Europe Whole Grain Global Summit. Newcastle University, Newcastle upon Tyne, UK

2009 4th International Dietary Fibre Conference. Vienna Austria. June 2009.

2006 3rd International Dietary Fibre Conference. Helsinki Finland June 9-11, 2006.

2003 2nd International Dietary Fibre Conference. Noordwijkerhout, The Netherlands, May 18-21, 2003.

Co-Chaired Whole Grains Summit May 18-20, 2005.

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Also I am frequently quoted in national publications such as Business Week, Health, Food Processing, Forbes, Self, Glamour, Baking and Snack, Processed Foods and the like.

Editor, Editorial Board and Reviewer

Reviewer for numerous publications such as *British Journal of Nutrition*, etc

Health Implications of Dietary Fiber, *JADA*

Reviewer for *Food and Chemical Toxicology* 2000-2006

Columnist for Food Safety and Security (Oxford, Eng) December 1993 to 2006

I prepare a 2,500+ word column each month on the latest findings and issues with respect to food safety.

The specific topics that I am to cover include food irradiation, pesticides, additives, chemical contaminants such as dioxin and biotechnology.

Columnist for Lipid Technology News (Oxford, UK) 1995-2008

I prepare a 2,500+ word bi-monthly column on the latest research on fat metabolism, fat and disease, fat replacers, antioxidants, fat soluble vitamins and fat-soluble contaminants.

Nutrition paper judge for Latin American Bimbo Prize 2004, 2006

University of Minnesota - Chair Review 2002

University of Minnesota Program Review - Food Science and Nutrition - 1999

Food Chemistry and Toxicology - manuscript reviewer

Cereal Foods World – Columnist - ongoing

Choice - I review three to five books per year for this publication which goes to libraries to determine whether the library should acquire the book. 1994- present

Food Technology, book reviewer 1994- present

J. Science of Food and Agriculture, manuscript reviewer 1998 - present

Abstract reviewer for Society of Nutrition Education Annual meeting 1990-1994

Program Committee American Association of Cereal Chemists_International national meeting 1998-2000

Grant reviewer for the State of California and The California Raisin Advisory Board. 1998-2009.

Grant – 1984 Sister Marie Ursule Faculty Grant for research on food safety.

Sustain micronutrient assessment Project US AID 1999.

Consultantships and Scientific Advisory

Current

Campbell Soup Company Advisory Board

Cranberry Advisory Board

Quaker Oats Scientific Advisory Board

Former

Barilla Scientific Advisory Board

Ben Keeser Foods – Wrote position papers for health professionals on sodium and potassium in the diet

California Fig Advisory Board

Davisco – Whey protein products

Fitness Works - Lectured at this spa on a regular basis and helped with menu development

Frito-Lay - Whole Grains

General Mills - Writer of position papers on vitamins, herbs and nutraceuticals
Scientific lecturer

Hardee's - Prior to their merger with Roy Rogers, Hardees was trying to develop a line of “healthier” items.

I was brought on board to speak, to recommend formulation changes, to evaluate focus group responses for various types of consumers eg. those that eat at fast food often and those who do not.

IN-AG - Developed food products and gave scientific expertise regarding triticale use in human food

Land O' Lakes - Worked on the whey functional foods project; speaker for nutrition update

Malt O Meal - Media spokesperson on the value of cereal in the diet and as snacks

Med-Diet Labs - developed low-sodium, gluten-free and renal diet foods

Melpomene (nutrition and women's fitness issues) - Speaker and advisor on nutrition issues

Minneapolis Star and Tribune - I have answered over 250 letters from consumers about nutrition and food safety

Minnesota Beef Council - Speaker and member of the Issues Advisory Board, media contact

Minnesota Department of Health - Governor's Scientific Advisory Committee; Governor's appointment to the Dietetics Licensure Board 1994-1997. I was on a team that wrote all the initial regulations pertaining to the nutrition licensure law.

Morgan and Myers Public Relations – Nutrition consultant

National Dairy Council - Speaker and media spokesperson for their program to encourage school breakfast

Nutrition Education and Training Advisory Council (State of Minnesota, Department of Education, UM Extension)

– I spoke to teachers around the state about nutrition and food safety issues.

Pillsbury – I gave scientific updates on the state of nutrition both to employees and to scientists at the tech center and corporate offices

Pineapple Appeal - Created tapes and educational materials for junior and senior high audience and classroom use on the USDA Food Guide Pyramid, food safety, 5-A-Day for Better Health

Portland Food Products - I worked with their dried fruit division and with Golden Harvest Foods division to develop food products with a nutritional slant; produced a whole series of scientific/consumer pamphlets on heart disease, obesity, diabetes, hypertension and fiber.

Puratos Brussels, BE Scientific Advisor

Sara Lee – Nutrition Advisor

SJ Thoms Assoc. – developed media pieces based on nutrition science; fat; food safety

Unifiber - product development of foods with this fiber in it and help with studies about the fiber

Wheat Industry Council Nutrition Education Program (Federally enabled, privately funded) - Had media training with Surgeon General Koop to get the public to eat more carbohydrate and wheat-based food as part of a low fat balanced diet; talked around the country on the value of carbohydrate (16 media markets)

WKKellogg Scientific Advisory Board

Service to the College

Educational Policies Committee, Curriculum , Faculty Personnel Committee, Women in Science Committee, Presidential Inauguration Committee, Faculty Development Committee, Bush Collaboration Grant Steering Committee, Accreditation Visit Committee, Library Advisory Committee, Facilities Committee, Faculty Observer to the Board, Academic Committee, Public Relations, Capital Campaign Committee, Honors Program Committee, Global Search for Justice Committee, many ad hoc committee assignments throughout my 24 years, including several search committees

Honor Societies

Home Economics Honoraries - KON. Graduate Science Research Honorary - Sigma Xi, Mortarboard, Gamma Sigma Delta, Iota Sigma Pi (Chemistry), Phi Kappa Phi – upper 2% of the university class at a non-liberal arts school.

Interests and Hobbies

Passionately interested in good food, cooking and dining out; Collecting cookbooks; Travel, Music, especially blues, jazz and classical; Reading; Art and Exercise - water aerobics, Tai Chi, yoga, swimming; walking and hiking, biking, and golf – not for the game but for the fellowship.

Rebecca Leighton, MPH, RD, LD

Education

University of Minnesota School of Public Health, Minneapolis, MN

Master of Public Health Nutrition, Coordinated Master's Program, August 2017

- Maternal and Child Nutrition Trainee

University of Minnesota, Minneapolis, MN

Bachelor of Science, Nutrition, Didactic Program in Dietetics, May 2015

Experience

Boynton Health, Minneapolis, MN

Health Promotion Specialist, September 2017 – Present

- Identify and implement policy, systems, and environmental change strategies to address student food and housing insecurity and nutrition
- Lead a campus-wide, cross-functional advisory committee of University and community stakeholders to inform, design, develop, implement, evaluate, and institutionalize coordinated efforts to address the underlying causes of student food and housing insecurity on campus
- Manage the Nutritious U Food Pantry including overseeing budget, ordering and rotating thousands of pounds of food, managing student volunteers, and evaluation of program
- Develop and maintain relationships with campus and community stakeholders and serve as a key source of campus information regarding college student food insecurity

University of Minnesota Nutrition Coordinating Center, Minneapolis, MN

Researcher II, June 2017 – June 2018

- Interviewed participants aged 8-12 for the SNAPSHOT research study
- Conducted 24-hour recalls using the Nutrition Data System for Research (NDSR) software
- Evaluated completed dietary recalls for accuracy

Boynton Health, Minneapolis, MN

Coordinator of Student Nutrition Advocacy Collaborative, September 2014 – June 2017

- Managed and trained nutrition undergraduate student volunteers dedicated to promoting nutrition on campus
- Coordinated and facilitated health promotion activities including grocery store tours and cooking classes

University of Minnesota S.T.O.R.E Study, Minneapolis, MN

Research Assistant, September 2015 – December 2015

- Evaluated the impact of the Staple Food Ordinance in mid-sized stores for an NIH and CDC funded study

Rebecca Leighton, MPH, RD, LD

- Collected data from store owners and customers to build a scientific evidence base for obesity prevention and healthy eating through a policy, systems and environment perspective
- Assessed mid-sized stores to determine amount of staple foods available as well as interviewed managers and customers about perceptions of healthy foods/food availability

Lunds & Byerlys, St. Paul, MN

FoodE Expert, Department Manager, May 2015 – September 2015

- Managed 4 employees and collaborated with 7 other department managers to create effective demo events
- Directed food demos highlighting products and nutritional information to increase sales and knowledge
- Guided store tours to customers including topics such as Superfoods, gluten diets, and NuVal system

Minneapolis Health Department, Minneapolis, MN

Healthy Restaurants Program Intern, June 2014 – October 2014

- Guided independently owned ethnic restaurants in creating healthier menu options for customers
- Analyzed nutritional content of meals and slightly modified recipes to meet dietary guidelines for healthy meals

Hennepin County Medical Center, Minneapolis, MN

Nutrition Associate - Diet Technician, November 2012 – July 2014

- Prepared and served roughly 400 food trays to patients per meal time
- Checked completed food trays to ensure all diet orders and allergies were accounted for before delivery
- Reviewed and edited patient menus according to specific dietary needs and restrictions

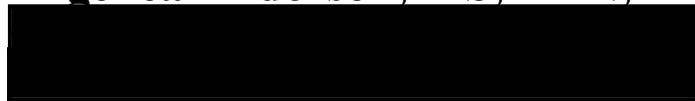
Professional Affiliation

- Member of the Academy of Nutrition and Dietetics
- Public Policy Coordinator, Minnesota Academy of Nutrition and Dietetics

Awards

- University of Minnesota School of Public Health 2020 Alumni Innovator Award – 2020
- The Minnesota Academy of Nutrition and Dietetics Emerging Leader Award - 2020
- President's Student Leadership & Service Award (PSLSA) – 2017
- Ruth Stief Leadership Award – 2017

Angelica Anderson, MS, RDN, LD



EDUCATION

Master of Science

May 2020

Concordia College – Moorhead, MN

Program: Nutrition, dietetics leadership emphasis

Capstone: *Increasing Student Involvement in Nutrition Public Policy and Advocacy*

Bachelor of Arts

May 2018

Concordia College – Moorhead, MN

Major: Food, Nutrition, and Dietetics

Honors: *magna cum laude*, Dean's List 7 semesters

Dietetic Internship

ACEND-Accredited Dietetic Internship

Concordia College – Moorhead, MN

- *Clinical*: Essentia Health, Fargo, ND – 10 weeks
 - Utilized the Nutrition Care Process to provide individualized patient care
 - Investigated scientific research to develop cardiac rehabilitation education materials
 - Regularly provided MNT within a multidisciplinary team in inpatient and outpatient centers
 - Led group seminars on nutrition and wellness for cancer survivors
 - Demonstrated critical thinking by managing nutrition support services on an intensive care unit
- *Community*: Clay County WIC & University of Minnesota Extension, Moorhead, MN; Family Wellness, Fargo, ND – 10 weeks
 - Adapted worksite policies to comply with legislative updates
 - Assisted in providing SNAP-Ed programming to Spanish-speaking individuals
 - Instituted a nutrition assistance guide for food-insecure community members
 - Instructed Healthy Cooking in the Classroom program material at local elementary schools
- *Food Service Management*: Eventide Senior Living Communities, Fargo, ND; Dilworth, Glyndon, Felton School District, Dilworth, MN – 10 weeks
 - Developed and implemented worksite policies to improve nutrition indicators of residents
 - Performed manager on duty role to maintain food service operations
 - Conducted audits to assess for insufficiencies and establish continuing education needs

EMPLOYMENT

Essentia Health, Fargo, ND

May 2018 – May 2019

Dietetic Technician

- Gained effective telephone etiquette skills through assisting patients in ordering room service
- Collaborated with hospital staff to manage patients' room service orders
- Maintained patient medical records for dietary safety and accuracy
- Programmed the facility's dietary management software

Growing Together Community Gardens, Fargo, ND

May 2018 – October 2018

FARRMS Apprentice & Garden Lead

- Coached culturally diverse teams to lead four nonprofit community gardens
- Demonstrated problem solving to overcome language barriers
- Facilitated community partnerships to host novel foods events
- Recruited volunteers for organization participation

Taste Not Waste Campaign of Concordia College, Moorhead, MN September 2017 – September 2018
Campaign Coordinator

- Directed tasks and events for the campus-wide program to reduce food waste
- Coordinated and supervised volunteer and faculty member support
- Led educational seminars for students, staff, and faculty
- Developed social media and print materials to inform the student body and community
- Designed and implemented innovative strategies to meet program goals and objectives

YMCA of Cass and Clay Counties, Fargo, ND May 2017 – August 2017
Food Program Assistant

- Conducted regulatory audits to assess SFSP guideline compliance
- Constructed child care food service menus in accordance with CACFP and YMCA Healthy Eating and Physical Activity guidelines
- Managed food service budget to procure snack items for child care centers
- Spearheaded a plan to improve kitchen efficiency

Concordia College Office of Admissions, Moorhead, MN September 2014 – September 2017
Student Ambassador

- Improved interpersonal communication skills through guiding customized campus tours
- Used customer service to communicate with prospective students
- Practiced leadership while conducting team training for new hires
- Represented the college at professional events

The Legends at Heritage Place, Sartell, MN May 2015 – August 2015
Dietary Aide

- Used attention to detail to prepare meals in accordance with individualized dietary requirements
- Gained practical knowledge in food service regulations
- Performed safe food handling techniques

ORGANIZATIONS AND AFFILIATIONS

- MN Academy of Nutrition and Dietetics Public Policy Panel – State Regulatory Specialist, Present
- Academy of Nutrition and Dietetics Political Action Committee – Advisory Panel Member 2017-2018
- Concordia College Student Academy of Nutrition and Dietetics – President 2017-2018
- Concordia College Student Academy of Nutrition and Dietetics – Vice President 2016-2017
- Concordia College Orientation – Orientation Leader & First Year Transition Instructor 2017
- Celebration of Student Scholarship Steering Committee – Student Representative 2016-2017
- New Afrique Centre for Innovation and Leadership – President 2015-2017

CERTIFICATIONS AND SKILLS

- ServSafe
- Manage First
- Motivational Interviewing
- Microsoft Office Suite
- HealthTouch
- CBORD/NetIMPAC
- EPIC
- Qualtrics
- SPSS Statistics

Michael Hilmar Wagner, MPH, RDN, LN, CD



Objective

To use my professional experience and personal expertise in eating disorders nutrition and integrative medicine to provide the highest quality nutrition information and treatment to benefit individuals, groups and communities.

Professional Experience

Clinical Education Specialist, Marketing/Outreach

June, 2017 – present

The Emily Program

- Development and delivery of presentations related to all aspects of eating disorders and nutrition-related topics to professional and community groups locally, regionally and nationally

Training Coordinator, Nutrition Services

June 2017 – present

The Emily Program

- Responsible for identifying and assessing nutrition-related training needs and partnering with internal and external content experts to deliver nutrition-related functions educational programming system-wide

Dietetic Internship Coordinator, University of Minnesota/Emily Program

June 2017 – present

The Emily Program

- Collaborate in the selection of University of Minnesota dietetic interns in the eating disorder concentration. Manage and coordinate the two, four-week rotation each intern has through the Emily Program.

Regional Clinical Nutrition Manager for the Pacific Northwest

October 2015 – June, 2017

The Emily Program, St. Louis Park, MN

- Responsible for all nutrition related functions at Emily Program locations within the Pacific Northwest
- Work closely with site directors in hiring training
- Work closely with senior leadership and local staff in the opening and development of new outpatient and residential locations.

Clinical Nutrition Manager, St. Paul, Seattle, Spokane, Olympia

August 2011 – September 2015

The Emily Program, St. Louis Park, MN

- Responsible for all administrative functions related to dietitians within these four sites

- Involved in hiring, training and program development for all new outpatient locations.

Director of Nutrition October 2009 – June 2011

The Emily Program, St. Louis Park, MN

- Responsible for all administrative functions related to Dietitians within this multi-disciplinary eating disorder agency
- Involved in decisions regarding agency-wide direction and development

Nutritionist Nov. 2006 – October 2009

The Emily Program, St. Louis Park, MN

- Counsel individual clients with eating disorders
- Co-lead with a psychologist therapy groups for eating disorders

Nutritionist Feb. 2007 – June 2007

The Marsh, A Center for Balance and Fitness, Minnetonka MN

- Counsel individual clients on a variety of nutritional conditions
- Work with Health Education director to revive weight loss program

Director, Integrative Medicine August, 2002 – June, 2003

Abbott Northwestern Hospital, Minneapolis, MN

- Responsible for all budgetary functions, human resource, compliance duties, and departmental regulations.
- Administrative, budget and program responsibility for inhouse fitness center.
- Developed inpatient and outpatient programs, fostered staff responsibility and creativity and performed quality and performance analysis.
- Oversaw planning, financial pro-forma and space development for a new million dollar outpatient clinic. □
Worked cooperatively with directors of other departments to create programmatic relationships that served mutual needs
□ Identified and implemented cost saving measures and productivity improvements

Program Manager June 2000 – August 2002

Mind Body Spirit Clinic, A Partnership of the University of Minnesota and Fairview Health Services, Minneapolis, MN

- Managed this cutting edge integrative health clinic, its twelve medical and Complementary/Alterative practitioners and two full time office staff.
- Increased visit volumes 200-500 % annually.
- Developed existing service lines and created new programs, classes and promotions.
- Fostered high level of customer service, reflected in excellent customer service ranking from patient surveys.
- Developed relationships both within Fairview, the University and with external organizations to foster mutually beneficial agreements.
- Worked with medical director and administrative director to formulate budget, programmatic direction, research projects and strategic plan.

Teaching Experience

University of Minnesota, Minneapolis/St. Paul Campus

Spring, 2008 Lecturer, Food Science and Nutrition
Co-taught Principles of Nutrition, FScN 1112

University of St. Thomas's Center for Health and Medical Affairs

2002 – 2003 Taught one day program on "Personal Strength and Dealing with Stress" for Physicians and staff of local Medical Center

University of Minnesota's Center for Spirituality and Healing

2001 – 2002 Guest lecturer on nutrition for an overview course in complementary and alternative medicine.

Additional Education and Trainings

Nutrition Focused Physical Exam Training, 2020

Somatic Experience Trainings, Beginner I through Intermediate III, 2013 - 2017

Cognitive Behavior Therapy Enhanced For the Treatment of Eating Disorders, Carol Peterson Ph.D., L.P. January, 2016

Full Day training on this evidenced based psychological treatment for all eating disorder diagnosis

International Conference on Eating Disorders, Academy for Eating Disorders (AED), 2014, 2015, 2016, 2017, 2018

Three day conference focusing on emerging research, evidence-based approaches and application of the medical, psychological and nutritional best practices

Presentations

Ohio Emily Program CEU Webinar, February 2021

Dietary Restrictions – A Gateway to Eating Disorders?

IAEDP Ohio Regional Chapter, January 2021

Bringing Mindfulness to the Meal. Self-Care and Support to professionals during the pandemic

White Pines Treatment Center, Erie, PA, August 2020

It's all about the food, and not at all about the food

Akron University, Akron OH, MN, January, 2020

The Tipping Point: When is disordered eating an eating disorder and what to do about it.

Eating Disorder Coalition of Iowa, Des Moines, IA, Feb, 2020

Craving More: Binge Eating and Compulsive Overeating

St. Olaf College, Northfield, MN, December, 2019

Eating Disorders and the student athlete

Minnesota School Mental Health Conf. November 2019

Food Fight: Eating Disorders in Adolescents

**The National Association of Social Workers – Ohio Chapter,
November 2019**

The Eating Part of Eating Disorders: what goes wrong, how to fix it

**Washington Association of Physician Assistants Conf.
October 2019**

*The Tipping Point: The difference between Disordered Eating and
Eating Disorders*

**St Louis County (MN) Health and Human Services Conf.
October 2019**

Craving More: Binge Eating and Compulsive Overeating

Eating Disorder Task Force of Indiana, June, 2019

Compulsive Eating, Binge Eating Disorder and Obesity Relationship

**Washington State Dietetic Association Annual Conference,
April, 2019**

*Is Weight the Issue? Perspectives from an Eating Disorder
Professional*

**International Association of Eating Disorder Professions –
Florida Chapter, April, 2019**

Compulsive Eating, Binge Eating Disorder and Obesity Relationship

All Ohio Counselors Conference, November 2018

*Binge Eating Disorder: The most prevent, and least understood
eating disorder*

**National Association of Social Workers – Ohio Chapter,
November 2018**

*Binge Eating Disorder: The most prevent, and least understood
eating disorder*

Eating Disorder Coalition of Iowa, October, 2018

*Vegetarian, vegan, gluten-free or eating disordered? The delicate
navigation of the eating part of eating disorders*

**Washington State Dietetic Association Annual Conference,
April, 2017**

*Do You teach what you believe: How our own attitudes and beliefs
influence our client interactions?*

May, 2016 Academy for Eating Disorders Conference Panel

Mindful Approaches to Nutrition Intervention

Education**Masters of Public Health: Nutrition**

University of Minnesota, Minneapolis, MN

Six Month Post-Masters Dietetic Internship

Methodist Hospital, St. Louis Park, MN

Bachelor of Science: Nutrition and Dietetics

University of Minnesota, St. Paul, MN

**Professional
Activities**

Past State Media Representative, Minnesota Dietetic Association

Past President, Twin Cities District Dietetic Association

Chair, Association Education Committee, Twin Cities District Dietetic Association

Registration/

Licensed Nutritionist, State of Minnesota, #N177

Certified Dietitian, State of Washington

Licensure

Registered Dietitian, I.D # 716467

LAURA CHRISTINE (BUKOWSKI) RUSSELL, MA, RD, LD, CDE

OBJECTIVE: To empower and advocate for people with diabetes to self-manage their disease through education related to nutrition, physical activity, medications and technology

RELATED EXPERIENCE

Certified Diabetes Educator and Registered Dietitian

January 2013-present

Endocrinology Clinic of Minneapolis, Edina, Minnesota

Provides diabetes and nutrition education to patients with type 1, type 2 and gestational diabetes. Education may include medical nutrition therapy, diabetes AADE7 topics, and training patients on injectable medication, insulin pumps and continuous glucose monitoring devices. Class instructor. Program coordinator for DSME program accreditation.

Contracted Product Trainer

January 2012-present

Medtronic Diabetes, Insulet, Tandem Diabetes

Train patients and their families/caregivers on insulin pump therapy and use of their device. Provided education on carbohydrate counting, hyper/hypo-glycemia treatment and prevention, glucose monitoring in relationship to insulin pump therapy. Train patients and their families/care givers on continuous glucose monitoring and use of their devices.

Palisaid, Inc

January 2019-May 2021

Vice President of Patient Success

Assist with product development and implementation. Work with DSME programs on implementation of diabetes education technology tool in practice.

Diabetes Educator Coach

January 2015-October 2016

Fit4D Personalized Diabetes Coaching

Provided education to patients via telephonic coaching. Assisted in goal setting and medication adherence. Answered questions in regards to specific diabetes medications, insulin pump therapy and general diabetes. Utilized texting, email and telephone calls as coaching tools

Clinical Dietitian and Diabetes Education Specialist

October 2011 – January 2013

Fairview Health Services, Minneapolis, Minnesota

Clinical Dietitian and Diabetes Educator

June 2009 – September 2011

Mid Dakota Clinic, Bismarck, North Dakota

Clinical Dietitian

January 2009-June 2009

Medcenter One Hospital, Bismarck, North Dakota

Clinical Dietitian, Research Dietitian

April 2006-January 2009

Billings Clinic, Billings, Montana

EDUCATION

Liberty University, Lynchburg, VA, Distance Learning Program

MA in Human Services: Health & Wellness **2011**

Capstone Project: Healthy Beginnings: Educational Program for Pregnant Women

Washington State University, Pullman, WA

BS in Food Science & Human Nutrition **2005**

Washington State University, Seattle, WA

Supervised Practice Experience meeting requirements for a Registered Dietitian **2005**

Madigan Army Medical Center, Tacoma, WA & various other facilities in the Seattle area

PUBLICATIONS

Davidson, P. & Russell, L. "Insulin Management and Advancing Practice of the Registered Dietitian Nutritionist (RDN) in Diabetes Care." *On The Cutting Edge (OTCE)*. 38 (3), 2018: 21-27.

Hayes, D., and Bukowski, L. "Nature & Nurture." *School Food Service and Nutrition* 60 (6), 2006: 48-54.

LEADERSHIP/PRESENTATIONS

- Diabetes Education Program Coordinator, Endocrinology Clinic of Minneapolis, Edina, MN 2013-present
- Secretary for Diabetes DPG of the Academy of Nutrition and Dietetics 2018-present
- Professional Development Chair for Diabetes DPG of the Academy of Nutrition and Dietetics 2016-2018
- Represented Academy of Nutrition and Dietetics at a consensus conference on continuous glucose monitoring for American Association of Clinical Endocrinologists, Washington DC February 2016
- Presenter at the Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo October 2016 on Glucose Monitoring and the Role of the RD
- Preceptor for University of Minnesota MPH nutrition students, Phillips Neighborhood Clinic, Minneapolis, MN 2012-2015
- Electronic Communication Chair for Diabetes DPG of the Academy of Nutrition & Dietetics 2014-2016
- Website editor for Diabetes DPG of the Academy of Nutrition & Dietetics 2012-2014
- Awards Chair for North Dakota Dietetic Association 2010-2011
- Secretary for Bismarck-Mandan Dietetic Association 2009-2011

CERTIFICATIONS/MEMBERSHIPS

Registered Dietitian Nutritionist

Licensed Dietitian in the State of Minnesota

Certified Diabetes Care and Education Specialist

Member of the Academy of Nutrition & Dietetics

Member of Diabetes practice group of the Academy of Nutrition & Dietetics

Member of the Minnesota Academy of Nutrition & Dietetics

Brief Bio

Dr. Meredith Wagner is an Associate Professor and Chair of the Department of Nutrition, Dietetics and Exercise Science at Concordia College-Moorhead. She is also Director of the Combined Dietetic Internship and Master of Science in Nutrition at Concordia. Dr. Wagner is a licensed, registered dietitian nutritionist and is recognized as a Fellow of the Academy of Nutrition and Dietetics. She holds the following certifications: ServSafe Food Protection Manager, Instructor, and Examination Proctor through the National Restaurant Association and Entrepreneurial Mindset Facilitator through the Entrepreneurial Learning Initiative.

Dr. Wagner graduated summa cum laude with a Bachelor of Arts in Food, Nutrition and Dietetics from Concordia College, completed the combined Dietetic Internship and Master of Science in Nutrition at Kent State University in Kent, Ohio. She then worked as a clinical dietitian before moving into foodservice management and consulting work. Dr. Wagner completed her doctorate at North Dakota State University in Fargo, North Dakota and then taught in the Coordinated Program in Dietetics at the University of North Dakota in Grand Forks, North Dakota prior to joining the faculty at Concordia College in 2013.

Dr. Wagner's research focuses on food waste reduction, interprofessional education, and the impact of fruit and vegetable consumption on inflammation and oxidative stress. She also collaborates with a colleague in Concordia's Offutt School of Business on salary negotiation for professionals in various disciplines. She has taught a variety of both undergraduate and graduate courses at Concordia. She currently teaches Nutrition, Advanced Nutrition, Advanced Study of Macronutrients, Advanced Study of Micronutrients, Environmental Nutrition, Applied Dietetic Practice I and II, and Master's Capstone.

Dr. Wagner lives in West Fargo, North Dakota with her husband, son, daughter, and their springer spaniel. She enjoys being active and spending time with family and friends.

Meredith G. Wagner

EDUCATION

North Dakota State University
Doctor of Philosophy (May 2012) Fargo, ND
Program: Human Development
Concentration: Wellness
Dissertation: *Effects of Fruit and Vegetable Consumption on Health*
Member of the Honor Society of Phi Kappa Phi

Kent State University
Master of Science (May 2007) Kent, OH
Program: Nutrition
Thesis: *The Knowledge, Attitudes, and Practices of Registered Dietitians in Ohio Regarding Dietary Supplements*

Concordia College
Bachelor of Arts (May 2005) Moorhead, MN
Program: Food, Nutrition, and Dietetics
Graduated *Summa cum laude*

QUALIFICATIONS

Registered Dietitian Nutritionist - Commission on Dietetic Registration (#941247)

Licensed Dietitian - North Dakota Board of Dietetic Practice (#731)

Certified Entrepreneurial Mindset Facilitator – The Entrepreneurial Learning Initiative

Certified ServSafe Food Protection Manager – National Restaurant Association
(#15394765) – Expires 7/25/2022

Certified ServSafe Instructor and Registered ServSafe Examination Proctor – National Restaurant Association (#4700937) – Expires 7/30/2023

TEACHING & RESEARCH EXPERIENCE

Associate Professor (May 2018-present) Moorhead, MN
Concordia College

- Teach undergraduate and graduate courses in the Department of Nutrition, Dietetics and Exercise Science, engage in service, perform scholarly activity, participate in department faculty meetings, and advise students

Assistant Professor (August 2013-April 2018) Moorhead, MN
Concordia College

- Taught undergraduate courses in the Department of Nutrition and Dietetics, engaged in service, performed scholarly activity, participated in department faculty meetings, and advised students

Clinical Assistant Professor (August 2012-May 2013) Grand Forks, ND
University of North Dakota

- Taught undergraduate courses in the Department of Nutrition and Dietetics, engaged in scholarly activity, participated in department and college faculty

meetings, and served as a co-faculty advisor for the Student Academy of Nutrition and Dietetics

Research Assistant (August 2009-May 2012) Fargo, ND
North Dakota State University

- Assisted with the development of research protocols, implementation of research, as well as data collection, entry, and analysis. Majority of assistance involved laboratory-based research and included culturing of cells, preparation of reagents, and performing assays

Graduate/Teaching Assistant (August 2006-May 2007) Kent, OH
Kent State University

- Assisted professors with research including data collection, entry, and analysis. Assisted with preparing lecture materials, teaching, administering exams, grading, and clerical work

ADMINISTRATIVE EXPERIENCE

Acting Director of PED 111 (January 2020-August 2021) Moorhead, MN
Concordia College

- Planned the number of PED 111 sections to include on the course schedule each semester, assigned and hired adjunct instructors for each section, oriented new instructors to the PED 111 curriculum and Moodle page, addressed concerns raised by instructors and students in relation to PED 111

Department of Nutrition, Dietetics & Exercise Science Chairperson (July 2018-present) Moorhead, MN
Concordia College

- Serve as liaison between department faculty and administrators, coordinate course schedules, plan and facilitate bi-weekly department meetings, chair search committees for faculty positions, attend weekly college-wide department chair meetings, oversee all budgets included in the Department, evaluate faculty for required two-year, four-year, and six-year college evaluations, vote on recommendations for tenure and promotion

Dietetic Internship & Graduate Program Director (June 2017-present) Moorhead, MN
Concordia College

- Oversee all aspects of the combined Dietetic Internship and Master of Science in Nutrition with an emphasis in Dietetics Leadership, including maintenance of accreditation from the Accreditation Council for Education in Nutrition and Dietetics, selection of interns/graduate students, orientation, curriculum development, teaching graduate courses, advising, preceptor training, interns' completion of supervised practice rotations, and advising master's capstone projects

Dietetic Internship Director (March 2013-May 2017) Moorhead, MN
Concordia College

- Oversaw all aspects of the dietetic internship, including maintenance of accreditation from the Accreditation Council for Education in Nutrition and Dietetics, selection of interns, orientation, curriculum development, study sessions, preceptor training, and interns' completion of supervised practice rotations

Dietetic Internship Coordinator (August 2008-March 2013) Moorhead, MN
Concordia College

- Specialized in clinical and community dietetic rotations, which included assisting with the writing of clinical and community competencies, supervising interns' completion of clinical and community experiences, evaluating interns' portfolios, and participating in curriculum development for the dietetic internship program. Also provided nutrition counseling to students enrolled at Concordia College, supervised undergraduate nutrition students working in the dining service, and consulted as a clinical dietitian for a local psychiatric hospital

PROFESSIONAL PRACTICE EXPERIENCE

Consultant Dietitian (April 2010-August 2012) Fargo, ND
North Dakota State University

- Provided nutrition counseling to students with food allergies and intolerances. Reviewed and modified menus for special diets, including Celiac disease, Phenylketonuria, low cholesterol, and peanut, tree nut, milk, egg, soybean, and wheat allergies

Residential Dining Supervisor (August 2008-August 2009) Moorhead, MN
Concordia College

- Supervised day to day operation of Anderson Dining Center; supervised undergraduate nutrition students in the nutrition assistant role; oversaw nutrition-related activities taking place in the dining service; provided nutrition counseling to students and customers

Clinical Dietitian (July 2007-August 2008) Fargo, ND
MeritCare Health System (now Sanford Health)

- Provided medical nutrition therapy to patients experiencing a variety of medical conditions, including eating disorders, diabetes mellitus, cardiovascular disease, obesity, and other conditions in an outpatient setting. Also provided inpatient coverage as needed. Provided nutrition education and lifestyle coaching for a pediatric obesity treatment program and taught a retail nutrition class focused on intuitive eating

Nutrition Assistant (March 2003-August 2005) Moorhead, MN
Concordia College

- Planned dining service events, assisted with selecting, preparing, evaluating, and re-yielding recipes in a large-scale food service operation, planned special diets for contract services, updated and maintained an online nutrition database for students (Net Nutrition), coordinated educational activities to promote National Nutrition Month®, and wrote nutrition-based articles for the monthly dining service publication (*Artful Eating*)

POSTER PRESENTATIONS

National:

- **Wagner, M.G.** & Rhee, Y. (2020, October). Increasing fruit and vegetable consumption to improve chronic disease biomarkers. Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo. Originally scheduled for Indianapolis, IN, but transitioned to virtual conference due to COVID-19
- **Wagner, M.G.** & Rhee, Y. (2018, October). Nutrition education improves fruit and vegetable-related behaviors. Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo. Washington, D.C.

- **Wagner, M.G.** & Kopperud, J. (2017, October). Taste Not Waste: How one college is taking action to reduce plate waste. Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo. Chicago, IL
- **Wagner, M.G.** & Newton, C. (2016, July). Keep calm grab breakfast n' go. School Nutrition Association Annual National Conference. San Antonio, Texas. *Accepted for presentation, but due to scheduling conflicts, neither author able to attend and present*
- Rhee, Y., Honrath, K., & **Wagner, M.G.** (2016, April). Anthropometric measurements differ among overweight and obese adults of varying socioeconomic status but no differences in fruit and vegetable intake. Experimental Biology. San Diego, CA
- **Wagner, M.G.** & Rhee, Y. (2013, April). Effectiveness of nutrition education and fruit and vegetable consumption on changes in biomarkers of inflammation and oxidative stress among obese adults. Experimental Biology. Boston, MA
- **Wagner, M.G.**, Hansen, P., Rhee, Y., Terbizan, D., Brunt, A., Christensen, B., Tucker, J., Gust, A., & Lee, C. (2011, September). Learning style preferences of undergraduate dietetics, exercise science, and athletic training students. Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo. San Diego, CA
- Erlandson, B., **Wagner, M.G.**, Rhee, Y., Brunt, A., Winters, L., & Enger, K. (2011, September). The association of coordinated program in dietetics admission criteria with success on the national Registration Examination for Dietitians. Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo. San Diego, CA
- Terbizan, D.J., **Wagner, M.**, Manikowske, T., Rhee, Y., Tucker, J.M., Christensen, B., & Brunt, A. (2011, May). Comparison of blood parameters using the Cholestech LDX® system and a standard clinical laboratory assay technique. American College of Sports Medicine Conference. Denver, CO
- **Wagner, M.**, Rhee, Y., & Askegaard, M. (2010, November). Associations between perceived general health and interest in receiving health information among college students. Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo. Boston, MA

State:

- Cowan, M. & **Wagner, M.G.** (2021, March). Assessing Food, Nutrition, and Fitness Resources for Group Home Residents. North Dakota Academy of Nutrition and Dietetics Annual Conference. Virtual.
- Dummer, B. & **Wagner, M.G.** (2021, March). Perceived Nutrition Knowledge of High School Athletes and Non-Athletes. North Dakota Academy of Nutrition and Dietetics Annual Conference. Virtual.
- Enwright, K. & **Wagner, M.G.** (2021, March). For the Health of Our Children: An Assessment of Obesity and Weight Management Among Youth. North Dakota Academy of Nutrition and Dietetics Annual Conference. Virtual.

- Frentsos, M. & **Wagner, M.G.** (2021, March). Assessing a Need for Eating Pattern Behavior Change. North Dakota Academy of Nutrition and Dietetics Annual Conference. Virtual.
- Jones, A. & **Wagner, M.G.** (2021, March). Assessing Sports Nutrition Knowledge Among Collegiate Athletes and Coaches. North Dakota Academy of Nutrition and Dietetics Annual Conference. Virtual.
- Latzer, H.S.R. & **Wagner, M.G.** (2021, March). Social Media Use in the Dietetics Profession. North Dakota Academy of Nutrition and Dietetics Annual Conference. Virtual.
- Madson, K.C. & **Wagner, M.G.** (2021, March). Dietary Discharge Directive: Assessing Needs Related to Older Adult Malnutrition. North Dakota Academy of Nutrition and Dietetics Annual Conference. Virtual.
- Anderson, A., Perdue, L., & **Wagner, M.G.** (2020, March). Increasing Student Involvement in Nutrition Public Policy and Advocacy. North Dakota Academy of Nutrition and Dietetics Annual Conference. Fargo, ND
- Blenkush, K. & **Wagner, M.G.** (2020, March). Religious Dietary Practice Accommodations in College. North Dakota Academy of Nutrition and Dietetics Annual Conference. Fargo, ND
- Bobrick, A. & **Wagner, M.G.** (2020, March). Prevalence of Leadership in the Dietetics Profession. North Dakota Academy of Nutrition and Dietetics Annual Conference. Fargo, ND
- Eikmeier, A., Rutten, M., & **Wagner, M.G.** (2020, March). Impact of Calorie Labeling on Employee Purchases Within the Workplace. North Dakota Academy of Nutrition and Dietetics Annual Conference. Fargo, ND
- Landmark, R.K. & **Wagner, M.G.** (2020, March). Utilizing Edible Landscaping to Help Fight Food Insecurity. North Dakota Academy of Nutrition and Dietetics Annual Conference. Fargo, ND
- Murphy, B., Nolting, L., & **Wagner, M.G.** (2020, March). Anti-Fat Bias in Pre-Professional Kinesiology Majors: An Analysis. North Dakota Academy of Nutrition and Dietetics Annual Conference. Fargo, ND
- Schlicht, E. & **Wagner, M.G.** (2020, March). Evaluating Effectiveness of an Employee Wellness Program. North Dakota Academy of Nutrition and Dietetics Annual Conference. Fargo, ND
- Tebedo, B., Feltman, B., & **Wagner, M.G.** (2020, March). Addressing Addiction from the Inside Out: Nutrition Education for Substance Abuse. North Dakota Academy of Nutrition and Dietetics Annual Conference. Fargo, ND
- Erickson, B. & **Wagner, M.G.** (2019, March). Improving Diet Quality of Food Pantry Populations Through a Nutrition-Focused System of Distribution: An Assessment of the Dorothy Day Food Pantry. North Dakota Academy of Nutrition and Dietetics Annual Conference. West Fargo, ND

- Johnson, M.J. & **Wagner, M.G.** (2019, March). Raising Expert Eaters. North Dakota Academy of Nutrition and Dietetics Annual Conference. West Fargo, ND
- Kettler, A. & **Wagner, M.G.** (2019, March). An Assessment of Consumer Interests in the Setting of Catering. North Dakota Academy of Nutrition and Dietetics Annual Conference. West Fargo, ND
- Kuhn, R., Aukland, N., & **Wagner, M.G.** (2019, March). Growing Gardens and Healthier Families: An In-depth Assessment of Community Garden Programs. North Dakota Academy of Nutrition and Dietetics Annual Conference. West Fargo, ND
- Maritato, M., Aukland, N., & **Wagner, M.G.** (2019, March). Assessment of Active Older Adults' Needs for a Nutrition Education Program at Family Wellness. North Dakota Academy of Nutrition and Dietetics Annual Conference. West Fargo, ND
- Pothast, E., Stetz, C., & **Wagner, M.G.** (2019, March). Child Care Menu Analysis and the Effects of Federal Food Plans. North Dakota Academy of Nutrition and Dietetics Annual Conference. West Fargo, ND
- Topp, M. & **Wagner, M.G.** (2019, March). Assessment of Hemodialysis Diet Education. North Dakota Academy of Nutrition and Dietetics Annual Conference. West Fargo, ND
- Witte, K. & **Wagner, M.G.** (2019, March). Gauging Interest in an Employee Wellness Program: Incentives that Drive Motivation. North Dakota Academy of Nutrition and Dietetics Annual Conference. West Fargo, ND
- **Wagner, M.G.** (2017, April). Taste Not Waste: A College-created Campaign to Reduce Plate Waste. North Dakota Academy of Nutrition and Dietetics Annual Conference. West Fargo, ND
- **Wagner, M.G.**, Hert, K., Myers, L., Levine, J., Heck, T., & Rhee, Y. (2012, April). Effectiveness of Nutrition Education and Fruit and Vegetable Consumption on Changes in Biomarkers of Inflammation and Oxidative Stress among Overweight and Obese Adults. North Dakota Dietetic Association Annual Conference. Fargo, ND
- **Wagner, M.G.**, Hert, K., Myers, L., Levine, J., Heck, T., & Rhee, Y. (2012, April). Community-based Nutrition Education Improves Knowledge, Attitudes, and Behaviors Related to Fruit and Vegetable Consumption. North Dakota Dietetic Association Annual Conference. Fargo, ND
- **Wagner, M.**, & Rhee, Y. (2011, April). Predictors of antioxidant consumption among college students. North Dakota Dietetic Association Annual Conference. Grand Forks, ND
- **Wagner, M.**, Rhee, Y., & Askegaard, M. (2010, April). Associations between perceived general health and interest in receiving health information among college students. North Dakota Dietetic Association Annual Conference. Bismarck, ND

Local:

- **Wagner, M.G.**, Hert, K., Myers, L., Levine, J., Heck, T., & Rhee, Y. (2012, April). Effects of Nutrition Education and Fruit and Vegetable Intake on Biomarkers of Inflammation

and Oxidative Stress among Overweight and Obese Adults. North Dakota State University Human Development and Education Research Showcase. Fargo, ND

- **Wagner, M.G.**, Hert, K., Myers, L., Levine, J., Heck, T., & Rhee, Y. (2012, April). Effects of Nutrition Education on Knowledge, Attitudes, and Behaviors Related to Fruit and Vegetable Intake. North Dakota State University Human Development and Education Research Showcase. Fargo, ND
- **Wagner, M.G.**, Hansen, P., Rhee, Y., Terbizan, D., Brunt, A., Christensen, B., Tucker, J., Gust, A., & Lee, C. (2011, April). Learning style preferences of undergraduate dietetics, exercise science, and athletic training students. North Dakota State University Human Development and Education Research Showcase. Fargo, ND
- Terbizan, D., **Wagner, M.**, Manikowske, T., Rhee, Y., Tucker, J., Christensen, B., & Brunt, A. (2011, April). Comparison of blood parameters using the Cholestech LDX® system and a standard clinical laboratory assay technique. North Dakota State University Human Development and Education Research Showcase. Fargo, ND
- **Wagner, M.G.**, Rhee, Y., & Askegaard, M. (2010, April). Associations between perceived general health and interest in receiving health information among college students. North Dakota State University Human Development and Education Research Showcase. Fargo, ND
- Randles, A., Gust, A., **Wagner, M.**, Anenson, L., Okamoto, H., & Liguori, G. (2010, April). Association of health behaviors and weight change among college students. North Dakota State University Human Development and Education Research Showcase. Fargo, ND
- **Wagner, M.**, Manikowski, T., Terbizan, D., Rhee, Y., Brunt, A., Hansen, P., Christensen, B., Tucker, J., & Stastny, S. (2010, April). Food intake and risks for chronic diseases: results from BISON ON THE MOVE. North Dakota State University Human Development and Education Research Showcase. Fargo, ND
- Manikowske, T., Terbizan, D., Hansen, P., Christensen, B., Tucker, J., Brunt, A., Rhee, Y., Stastny, S., & **Wagner, M.** (2010, April). Physiological improvements from BISON ON THE MOVE. North Dakota State University Human Development and Education Research Showcase. Fargo, ND

PUBLICATIONS

Abstract:

- **Wagner, M.G.** & Rhee, Y. (2020, October). Increasing fruit and vegetable consumption to improve chronic disease biomarkers. *Journal of the Academy of Nutrition and Dietetics*, 120 (suppl), A82.
- **Wagner, M.G.** & Rhee, Y. (2018, September). Nutrition education improves fruit and vegetable-related behaviors. *Journal of the Academy of Nutrition and Dietetics*, 118 (suppl 1), A85.
- **Wagner, M.G.** & Kopperud, J. (2017, September). Taste Not Waste: How One College is Taking Action to Reduce Plate Waste. *Journal of the Academy of Nutrition and Dietetics*, 117 (suppl 1), A49.

- **Wagner, M.**, Rhee, Y. (2013). Community-based nutrition education improves knowledge, attitudes, and behaviors related to fruit and vegetable consumption. *Journal of Nutrition Education and Behavior*, 45 (suppl 4), S39.
- **Wagner, M.G.**, Hansen, P., Rhee, Y., Terbizan, D., Brunt, A., Christensen, B., Tucker, J., Gust, A., & Lee, C. (2011). Learning style preferences of undergraduate dietetics, exercise science, and athletic training students. *Journal of the American Dietetic Association*, 111 (suppl 2), A55.
- Erlandson, B., **Wagner, M.G.**, Rhee, Y., Brunt, A., Winters, L., & Enger, K. (2011). The association of coordinated program in dietetics admission criteria with success on the national Registration Examination for Dietitians. *Journal of the American Dietetic Association*, 111 (suppl 2), A17.
- Terbizan, D.J., **Wagner, M.**, Manikowske, T., Rhee, Y., Tucker, J.M., Christensen, B., & Brunt, A. (2011). Comparison of blood parameters using the Cholestech LDX® system and a standard clinical laboratory assay technique. *Medicine and Science in Sports and Exercise*, 43 (suppl 5), S889.
- **Wagner, M.**, Rhee, Y., & Askegaard, M. (2010). Associations between perceived general health and interest in receiving health information among college students. *Journal of the American Dietetic Association*, 110 (suppl 2), A64.

Journal Article:

- Honrath, K., **Wagner, M.G.**, Rhee, Y. (2017). Does nutrition education with fruit and vegetable supplementation increase fruit and vegetable intake and anthropometrics of overweight and obese people of varying socioeconomic status? *Ecology of Food and Nutrition*, 57(1), 32-49. doi.org/10.1080/03670244.2017.1406854.
- **Wagner, M.G.**, Young-Jae, K., Rhee, Y. (2017) Healthy and unhealthy dietary behaviors among adults: A cross-sectional study. *Korean Journal of Health Education and Promotion*, 34(5), 83-94. doi.org/10.14367/kjhep.2017.34.5.83
- **Wagner, M.G.** (2016). Improving fruit and vegetable consumption among overweight and obese adults. *The Global Fruit and Veg Newsletter*, October 2016 issue, 14, p. 3.
- **Wagner, M.G.**, Rhee, Y., Honrath, K., Blodgett Salafia, E.H., Terbizan, D. (2016). Nutrition education effective in increasing fruit and vegetable consumption among overweight and obese adults. *Appetite*, 100, 94-101. doi:10.1016/j.appet.2016.02.002.
- **Wagner, M.G.**, Rhee, Y., Honrath, K., Blodgett Salafia, E.H., Terbizan, D. (2015). Minimal impact of nutrition education and fruit and vegetable consumption on biomarkers of inflammation and oxidative stress. *European Journal of Nutrition & Food Safety*, 5(3), 179-189.
- **Wagner, M.G.**, Hansen, P., Rhee, Y., Brunt, A., Terbizan, D., Christensen, B. (2014). Learning style preferences of undergraduate dietetics, athletic training, and exercise science students. *Journal of Education and Training Studies*, 2(2), 198-205.
- Erlandson, B., **Wagner, M.G.**, Rhee, Y., Brunt, A., Winters, L. (2013). Limited association between coordinated program in dietetics admission criteria and success on the

national Registration Examination for Dietitians. *Topics in Clinical Nutrition*, 28(3), 262-273.

- **Wagner, M.G.**, Rhee, Y. (2013) Stress, sleep, grief: Are college students receiving information that interests them? *College Student Journal*, 47(1), 24-33.
- **Wagner, M.** (2011). Media Review: Nutrition Education: Linking Research, Theory and Practice, by Isobel R. Contento. *Family & Community Health*, 34(4), 361-362.

Other:

- **Wagner, M.G.** & Aikens, S.D. (2021) Salary Negotiation Toolkit: A Resource Guide for Nutrition and Dietetics Students, Interns, and Educators. Published by the Academy of Nutrition and Dietetics through the organizational unit of Nutrition and Dietetic Educators and Preceptors.

INVITED ORAL PRESENTATIONS

National/International:

- **Wagner, M.G.** & Kopperud, J. (2020, October). Taste Not Waste: A Campus-Wide Initiative to Take a Bite out of Food Waste. Presented to attendees at the Association for the Advancement of Sustainability in Higher Education's Global Conference on Sustainability in Higher Education. Originally scheduled in person (Milwaukee, WI) but transitioned to virtual conference due to COVID-19 pandemic

State:

- **Wagner, M.G.** (2019, May). Nourishing Your Body: Nutrition-focused Self Care. Presented to attendees at the Social Work Conference. Moorhead, MN
- **Wagner, M.G.** (2013, November). Dietetic Internship Opportunities and Dietetics Education Updates. Presented at the Minnesota Academy of Nutrition and Dietetics-Northwest District Meeting. Fergus Falls, MN

Local:

- **Wagner, M.G.** (2021, February). Eating for Well-being. Presented as a concurrent session for Concordia College's Wellness Day, a day in which all classes were reconvened at Wellness Day events.
- **Wagner, M.G.** (2020, October). U.S. Food Supply Chain. Presented as a panelist to attendees of First Fridays at B, a platform to engage and discuss important food topics in the Fargo-Moorhead community.
- **Wagner, M.G.** (2020, January). Food for Thought: Nourishing Your Body Through a New Stage. Presented to attendees at the Transitions: Navigating the Waters into Retirement Series. Moorhead, MN
- **Wagner, M.G.** (2019, November). Hot Topics in Nutrition. Presented to third-year physical therapy graduate students enrolled at the University of Jamestown. Fargo, ND
- **Wagner, M.G.** (2019, January). Reactions to "Wasted: The Story of Food Waste". Presented as a panelist to attendees following a showing of the film, "Wasted: The Story of Food Waste". Fargo, ND

- **Wagner, M.G.** (2018, November). Hot Topics in Nutrition. Presented to third-year physical therapy graduate students enrolled at the University of Jamestown. Fargo, ND
- **Wagner, M.G.** (2018, October). Food Waste & Food Rescue. Presented to attendees of the Master Recycler/Composter class offered through Clay County. Moorhead, MN
- **Wagner, M.G.** & Kopperud, J. (2018, September). Food Waste. Presented to attendees of the Cass Clay Food Commission Meeting. Fargo, ND
- **Wagner, M.G.** (2018, March). Food Matters: Wasted. Presented to attendees of the Healthy School Summit, held at Dakota Medical Foundation. Fargo, ND
- **Wagner, M.G.** (2017, November). Taste Not Waste: An Effort to Advance Sustainability in the Fargo-Moorhead area. Presented to members of the Fargo-Moorhead Sustainability Network. Fargo, ND
- Kopperud, J., **Wagner, M.G.**, & Anderson, A. (2017, September). Transforming Anderson Commons One Plate at a Time. Presented as a concurrent session for the 2017 Concordia College Faith, Reason and World Affairs Symposium. Moorhead, MN
- Anderson, A. & **Wagner, M.G.** (2017, August). Taste Not Waste: A Call to Action for Concordia Orientation Leaders. Presented at Concordia College Orientation Leader Training. Moorhead, MN
- **Wagner, M.G.** (2016, December). Taste Not Waste. Presented at the December 2016 Clay County Solid Waste Advisory Committee Meeting. Moorhead, MN
- **Wagner, M.G.** (2016, August). Working with Outside Agencies: Contracts, Liability, and Other Details. Presented at the 2016 Concordia College Fall Faculty Workshop. Moorhead, MN
- **Wagner, M.G.** (2015, August). Food and Faith. Presented at the final meeting of the Dovre Center Mentoring Program. Moorhead, MN

PROPOSED ORAL PRESENTATIONS

National

- Academy of Nutrition and Dietetics 2020 Food & Nutrition Conference & Expo in Indianapolis, IN
Title: Tackling Food Waste – Theory and Practice
Presentation format: 1.5-hour podium presentation
Presenters: **Wagner, M.G.** & Bloom, J.
Status: Proposal submitted November 2019; declined
- Academy of Nutrition and Dietetics 2019 Food & Nutrition Conference & Expo in Philadelphia, PA
Title: Tackling Food Waste – Theory and Practice
Presentation format: 1.5-hour podium presentation
Presenters: **Wagner, M.G.** & Bloom, J.
Status: Proposal submitted November 2018; declined

Local

- Concordia College Summer 2020 Faculty Development Workshop
Title: Bring on the Graduate Programs! Getting Started with a Graduate Certificate or Master's Program
Presentation format: Full-day workshop
Presenters: **Wagner, M.G.** & Glynn, C.
Status: Proposal submitted February 2020; Summer 2020 workshops cancelled due to COVID-19
- Concordia College Summer 2020 Faculty Development Workshop
Title: Food for Thought: Book Discussion of American Wasteland Led from Multiple Perspectives
Presentation format: Half-day workshop
Presenters: Kopperud, J. & **Wagner, M.G.**
Status: Proposal submitted February 2020; Summer 2020 workshops cancelled due to COVID-19
- Concordia College Summer 2020 Faculty Development Workshop
Title: What a Waste: An Up-Close Look at Food Waste at Home and in Clay County
Presentation format: Half-day workshop
Presenters: **Wagner, M.G.** & Kopperud, J.
Status: Proposal submitted February 2020; Summer 2020 workshops cancelled due to COVID-19

PEER REVIEW SERVICE

- Served as an expert reviewer for two online courses (Enteral Nutrition Basics - 3.5 hours; Home Parenteral Nutrition - 1.5 hours) to be offered for continuing professional education to dietetics professionals through the Commission on Dietetic Registration (February 2021)
- Served as a reviewer for two chapters of a textbook titled, "Nutrition and Diagnosis Related Care", by Sylvia Escott-Stump. Wolters Kluwer (publisher) (November 2018-January 2019)
- Served as a reviewer for textbook titled, "Nutrition for Healthcare Professionals: An Introduction to Disease Prevention", by David Bissonnette. Kendall Hunt (publisher) (Spring 2016)
- Serve as a reviewer for *Health Education and Behavior* (Spring 2013 – present)

GRANTS

- Minnesota Pollution Control Agency (Spring 2021) \$75,000
Prevention of Wasted Food and Food Rescue Grant
Title: Food Waste Reduction through Reusable To-Go Containers
Collaborative effort with Nicole Crouch (Dining Services), Joan Kopperud (Department of English), and Jackie Maahs (Office of Sustainability); primary author
Status: Application submitted March 19, 2021; not awarded
- Concordia College (Summer 2016) \$8,400
Sustainability Education Faculty Development Grant
Title: Reducing Food Waste on the Concordia College Campus
Collaborative effort with Joan Kopperud (Department of English); co-authored

Status: Awarded June 2016

- U.S. Department of Health and Human Services (Spring 2014) \$500,000
Nurse Education, Practice, Quality, and Retention (NEPQR) Program –
Interprofessional Collaborative Practice HRSA-13-188
Collaborative effort with Concordia College Department of Nutrition and Dietetics,
North Dakota State University Department of Nursing and School of Pharmacy,
Sanford Health, and University of Jamestown Department of Physical Therapy;
contributor
Title: HEIT – Health Education Interprofessional Team
Status: Application submitted February 2014; not awarded
- University of North Dakota(Spring 2013) \$2,500
Senate Scholarly Activities Committee Research/Creative Activity Grant
Title: The Role of Flaxseed and Buckwheat in Control of Obesity
Independent effort; sole author
Status: Awarded April 2013
- University of North Dakota (Spring 2013) \$700
Senate Scholarly Activities Committee Publication Grant
Title: Stress, Sleep, Grief: Are College Students Receiving Information that Interests
Them?
Independent effort; sole author
Status: Awarded April 2013

RESEARCH PROJECTS

- Reducing Food Waste on the Concordia College Campus – Concordia College
Purpose: To reduce food waste on the Concordia College campus by 50 percent by
Fall 2020
- Evaluation of the Relationship among Health Behaviors, Retail Food Environment
Index, and Chronic Disease Risks – Concordia College and North Dakota State
University
Purpose: To investigate the nature of relationships that exist between neighborhood
environments and both healthy food availability and accessibility at home and family
rules; to investigate the relationships between food-related environment settings,
dietary intakes, and chronic disease risks
- Effects of Fruit and Vegetable Consumption on Health – Concordia College and
North Dakota State University
Purpose: To determine the effects of fruit and vegetable consumption on oxidative
stress and inflammation as it relates to chronic disease in overweight and obese
adults
- HEIT – Health Education Interprofessional Team – Concordia College
Purpose: To develop a community based collaborative practice environment that
supports interprofessional training opportunities for students to deliver patient and
population-centered care that is safe, efficient, effective, and equitable
- The Role of Flaxseed and Buckwheat in Control of Obesity – University of North
Dakota

- Purpose: To determine the role of flaxseed and buckwheat in prevention of inflammation associated with obesity
- Learning Style Preferences of Undergraduate Dietetics, Exercise Science, and Athletic Training Students – North Dakota State University
Purpose: To evaluate learning styles of undergraduate students during their college careers
 - The Relationship of Coordinated Program in Dietetics Admission Criteria with Success on the National Registration Examination for Dietitians – North Dakota State University
Purpose: To identify the relationships between coordinated program in dietetics admission criteria and students' success on the National Registration Examination for Dietitians
 - BISON ON THE MOVE – North Dakota State University
Purpose: To evaluate the effects of concurrent training and nutrition education on modifiable chronic disease risk factors in adults
 - General Wellness Knowledge Assessment – North Dakota State University
Purpose: To assess general wellness knowledge of undergraduate students
 - A General Wellness Needs Assessment of College Students – Concordia College
Purpose: To conduct a general wellness needs assessment of undergraduate college students

MENTORED STUDENT SCHOLARSHIP

- Detloff, E., Dondelinger, M., John, A., Riordan, K. (2019, April). Cooking Equipment Needs of Food Pantry Clients in the Fargo-Moorhead Area. Concordia College Celebration of Student Scholarship. Moorhead.
- Herberg, M., Lundberg, S., Olson, I., Porter, A. (2019, April). Demographics of Food Pantry Clients in the Fargo/Moorhead Area.
- Feigum, K., Lee, T., Teigen, L., Tettie, R. (2019, April). Impact of Local Food Pantries on Special Dietary Needs for Individuals with Chronic Illnesses. Concordia College Celebration of Student Scholarship. Moorhead.
- Brandt, C., Huttunen, C., Rethemeier, M., Stillwell, J. (2019, April). Nutrient Needs of Food Pantry Clients. Concordia College Celebration of Student Scholarship. Moorhead.
- Grove, A., James, F., Norgard, A., Sollie, K., Swarthout, B. (2019, April). Hungry North Dakota: Examining Trends in Food Insecurity.
- Anderson, A., Guzman, C., Hauf, E. (2018, April). Current Needs for Foods Appropriate for Special/Medical Diets in Local Food Pantries. Concordia College Celebration of Student Scholarship. Moorhead.
- Hamilton, O., Jadeke, L., Kelle, S., Norell, M. (2018, April). Access to Food to Meet Required Nutritional Needs among Clients at two Fargo/Moorhead Food Pantries. Concordia College Celebration of Student Scholarship. Moorhead.
- Huber, A., Lommel, G., Otto, N., Sexton, R. (2018, April). Comparison of Food Pantries Needs Assessment Surveys from 2017 to 2018. Concordia College Celebration of Student Scholarship. Moorhead.
- Brucklacher, J., Kaliher, J., Stephenson, H. (2018, April). Desired Cooking Equipment and Skills: A Needs Assessment of Fargo/Moorhead Food Pantries. Concordia College Celebration of Student Scholarship. Moorhead.

- Gleason, M. (2017, April). A Review of Nutritional Interventions for the Treatment of Chyle Leaks. North Dakota Academy of Nutrition and Dietetics Spring Conference. West Fargo.
- Halsted, P. (2017, April). Nutritional Implications of Scleroderma. North Dakota Academy of Nutrition and Dietetics Spring Conference. West Fargo.
- Imberg, A. (2017, April). Mapping Out the Low FODMAP Diet: What Registered Dietitians Should Know. North Dakota Academy of Nutrition and Dietetics Spring Conference. West Fargo.
- Panagis, K. (2017, April). Sarcopenia Diagnosis by CT Scans and Patient Outcomes in Elderly ICU Patients.
- Schneider, H. (2017, April). Gaining Clinical Insight through the Exploration of a Patient with Adenocarcinoma of the Colon. North Dakota Academy of Nutrition and Dietetics Spring Conference. West Fargo.
- Rahman, C., Kmett, R., Flanigan, L., Taylor, N., Lee, K. (2017, April). Assessing the Need for Special/Medical Diets in the Fargo/Moorhead Community Food Pantries. Concordia College Celebration of Student Scholarship. Moorhead.
- Baumann, S., Martinez, L., Hendrickson, J., Kohler, J. (2017, April). Needs in Local Food Pantries: Cooking Equipment and Skills. Concordia College Celebration of Student Scholarship. Moorhead.
- Christopherson, K., Herkenhoff, A., Jamieson, J., Schaible, K., Vlasak, C. (2017, April). Increasing Access to Fruits and Vegetables: A Study of Nutritional Adequacy among Food Pantries in the F/M Area. Concordia College Celebration of Student Scholarship. Moorhead.

TEACHING

Courses:

- FND 607 – Applied Dietetics Practice II – 4.0 credits – Concordia College (Spring 2019, 2020, 2021)
- FND 605 – Master's Capstone – 4.0 credits – Concordia College (Spring 2019, 2020, 2021)
- FND 602 – Advanced Study of Micronutrients – 2.0 credits – Concordia College (Fall 2018, 2020)
- FND 606 – Applied Dietetics Practice I – 4.0 credits – Concordia College (Summer 2018, 2019, 2020, 2021)
- FND 604 – Advanced Medical Nutrition Therapy – 4.0 credits – Concordia College (Spring 2018, 2021)
- FND 601 – Nutrition Education and Counseling – 2.0 credits – Concordia College (Spring 2018)
- FND 600 – Advanced Study of Macronutrients – 2.0 credits – Concordia College (Fall 2017, 2019)
- FND 446 – Institutional Management – 4.0 credits – Concordia College (Fall 2017) – co-taught with Dr. Michelle Strang
- FND 360 – Advanced Nutrition – 4.0 credits – Concordia College (Fall 2013, 2014, 2015, 2016, 2017, 2019, 2020)
- FND 424 – Clinical Experience – 4.0 credits – Concordia College (Fall 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020)
- FND 336 – Environmental Nutrition – 4.0 credits – Concordia College (Spring 2014, 2015, 2017, 2018, 2019)
- N&D 441 – Advanced Nutrition – 4.0 credits – University of North Dakota (Spring 2013)
- N&D 100 – Introduction to Nutrition and Dietetics – 1.0 credit – University of North Dakota (Spring 2013)

- N&D 450 – Medical Nutrition Therapy II – 3.0 credits – University of North Dakota (Fall 2012)
- N&D 498A – Supervised Practice in Dietetics (MNT II) – 6.0 credits – University of North Dakota (Fall 2012)
- HNES 200 – Principles of Nutrition – 3.0 credits – North Dakota State University (Fall 2010)
- HNES 111 – Wellness – 3.0 credits – North Dakota State University (Spring 2010)

Supplemental:

- Taught nutrition class titled, Nutrition: Fact or Fiction?, for Cobber Countdown (March 2018)
- Attended and participated in visit to Carroll University in Wisconsin to learn about graduate programming in health sciences (July 2017)
- Taught nutrition class titled, Nutrition: Hype, Habit, & Health, for Cobber Countdown (April 2017)
- Prepared and submitted proposal for combined Dietetic Internship/Master of Science program to the Graduate Programs Committee, Faculty Executive Committee, and Board of Regents; coordinated a visit by two reviewers from the Higher Learning Commission in April 2015; and prepared substantial change application for the Accreditation Council for Education in Nutrition and Dietetics in March 2016
- Attendance at Teaching and Learning Forums at Concordia College (October 2014, February 2015)
- Attendance at Summer Faculty Development Workshops at Concordia College (Summer 2014, 2015, 2016, 2017, 2018, 2019)
- Facilitated a 10-week community nutrition education course focused on the health benefits of increased consumption of fruits and vegetables (September – December 2011)
- Regular attendance at pedagogical luncheons at North Dakota State University (October 2010, December 2010, February 2011, April 2011, October 2011)
- Taught a nutrition lesson to athletic training students at North Dakota State University to fulfill competency requirements for athletic training degree (March 2011)
- Guest lectured on the Nutrition Care Process to dietetics students in the Introduction to Medical Nutrition Therapy course at North Dakota State University (Spring 2010)
- Guest lectured on childhood obesity to students in the Nutrition, Growth, and Development course at North Dakota State University (Spring 2010)
- Guest lectured on renal disorders to students in an introductory nutrition course at Concordia College (October 2009)
- Guest lectured on eating disorders in athletes for a sports nutrition course at North Dakota State University (Spring 2008)
- Taught a nutrition lesson to adolescent girls receiving treatment at Luther Hall, a psychiatric treatment facility associated with Lutheran Social Services of North Dakota (Spring 2008)

PROFESSIONAL MEMBERSHIPS

Academy of Nutrition and Dietetics

Nutrition and Dietetic Educators and Preceptors (October 2008-present)

Hunger and Environmental Nutrition Dietetic Practice Group (May 2014-present)

Minnesota Academy of Nutrition and Dietetics

Annual Conference Planning Committee (July 2014-April 2015)

Minnesota Academy of Nutrition and Dietetics – Northwest District

Spring Meeting Planning Coordinator (January-April 2019)

Spring Meeting Planning Committee (January-March 2017)
Education Lead (June 2014-June 2015)
Spring Meeting Planning Committee (January-March 2015)

North Dakota Board of Dietetic Practice
Member – Appointed by Governor Doug Burgum (July 2021-August 2023)

North Dakota Academy of Nutrition and Dietetics
Nominating Committee – Elected Board Member (June 2021-present)
Poster Presentation Coordinator - Volunteer (January-March 2021)
Poster Presentation Coordinator – Volunteer (January-March 2020)
Annual State Convention Planning Committee - Volunteer (January-March 2019)
Poster Presentation Coordinator - Volunteer (January-March 2019)
Awards Committee – Volunteer (January 2018-March 2018)
Strategic Planning Committee – Volunteer (November 2015-June 2017)
Treasurer – Elected Board Member (March 2015-June 2017)
Poster Presentation Coordinator - Volunteer (January-April 2017)
Annual State Convention Planning Committee - Volunteer (Aug. 2016-April 2017)
Poster Presentation Coordinator - Volunteer (January-April 2015)
Annual State Convention Planning Committee - Volunteer (Aug. 2013-April 2014)
Awards Committee – Volunteer (August 2012-March 2015)
Annual State Convention Planning Committee, Co-Chair - Volunteer (April 2011-April 2012)
District President – Elected (July 2010-July 2011)
Annual State Convention Planning Sub-Committee - Volunteer (Spring 2009)

Fargo-Moorhead Academy of Nutrition and Dietetics
Interim President (September 2013-July 2014)
Past-President (July 2011-July 2012)
President (July 2010-July 2011)
President-Elect (July 2009-July 2010)

CONCORDIA COLLEGE SERVICE

Elected/Appointed Committees

- Member, Professional Growth Committee (September 2021-present)
- Member, Integration Working Group (May 2020-September 2020)
- Senator, Concordia College Faculty Senate (September 2018-present)
- Program Director Representative, Graduate Programs Committee (January 2015-present)
- Member, Didactic Program in Dietetics Advisory Committee (August 2013-present)
- Chair, Dietetic Internship Advisory Committee (March 2013-present)
- Member, Dietetic Internship Advisory Committee (August 2008-March 2013)

Faculty Evaluation Committees

- Member, Amanda Breu Four-year Faculty Evaluation Committee (January – April 2021)
- Chair, Michelle Strang Four-year Faculty Evaluation Committee (January – April 2021)
- Member, Nathan Dicks Two-Year Faculty Evaluation Committee (January – April 2021)
- Chair, Emily Huber-Johnson Two-Year Faculty Evaluation Committee (January – April 2020)
- Chair, Sarah Greterman Two-Year Faculty Evaluation Committee (January – April 2019)

- Chair, Michelle Strang Two-Year Faculty Evaluation Committee (January – April 2018)

Search Committees

- Chair, Nutrition and Dietetics Faculty Member Search Committee (October 2019-December 2020)
- Member, Exercise Science Faculty Member Search Committee (February 2018-March 2018)
- Member, Health, Physical Education and Exercise Science Faculty Member Search Committee (May 2017-July 2017)
- Chair, Nutrition and Dietetics Faculty Member Search Committee (July 2016-January 2017)
- Member, Director of Dining Services Search Committee (July 2016-December 2016)
- Member, Director of Dining Services Search Committee (November 2013-January 2014)

Volunteer Committees

- Member, "Food for Good" 2020 Faith, Reason and World Affairs Symposium Planning Committee (March 2019-September 2020)
- Chair, PED 111 Wellness Curriculum Re-Design Committee (August 2019-present)
- Member, Parental Leave Working Group (November 2017-January 2018)
- Co-chair, Taste Not Waste Advisory Committee (September 2017-present)
- Member, Employee Wellness Committee (February 2015-present)
- Member, Classroom Design Committee for New Science Complex Project (October 2014-August 2016)

PROFESSIONAL AND COMMUNITY SERVICE

- Mentored two graduate students through the NDEP graduate student mentoring program (June 2017-June 2019)
- Led a grocery store tour at the south Moorhead Hornbacher's (May 2016)
- Planned and hosted a day-long Minnesota Academy of Nutrition and Dietetics-Northwest District workshop at Concordia College (March 2015)
- University of North Dakota Dietetics Advisory Committee (August 2012-May 2013)
- North Dakota State University Performance Evaluation Committee for Associate Dean (September 2011-May 2012)
- North Dakota State University Search Committee for Human Development and Education Online Programs Coordinator (January 2011-May 2012)
- North Dakota State University Dietetics Advisory Committee (August 2010-May 2012)
- North Dakota State University Graduate Student Advisory Committee (October 2009-May 2012)
- Research assistant representative for incoming graduate level research assistants during North Dakota State University orientation (August 2011)
- Volunteered to teach general nutrition lessons to individuals receiving treatment through the Gamblers Choice program offered through Lutheran Social Services of North Dakota (February 2011, July 2011, November 2011, January 2012, July 2012, November 2012, May 2013, October 2013, February 2014, October 2014, September 2015, October 2016, April 2017, March 2018)
- Volunteer judge at the North Dakota State Science & Engineering Fair (April 2010)
- Presented at a North Dakota State University Student Dietetic Association meeting (April 2010)
- Mentored two North Dakota State University master's students (November 2009-May 2011)
- Volunteered at the Alzheimer's Association Mind Mixer fundraiser (April 2008)

HONORS & AWARDS

- Office of the Secretary of Defense Employer Support of the Guard and Reserve Patriotic Employer Award (October 2019)
- Academy of Nutrition and Dietetics Committee for Lifelong Learning and Dietetics Practice Based Research Network Oversight Committee Outstanding Abstract (October 2017)
- Accreditation Council for Education in Nutrition and Dietetics Noteworthy Dietetics Practice: Curriculum. (May 2017)
- North Dakota Academy of Nutrition and Dietetics Outstanding Dietitian of the Year Award (April 2017)
- Academy of Nutrition and Dietetics Foundation Doctoral Scholarship (August 2010)
- North Dakota Dietetic Association Recognized Young Dietitian of the Year Award (January 2010)

Prior Speaking Experience

- Over nine years as a college professor, teaching multiple courses each semester
- Over 15 invited oral presentations, including presentations at local, state, and national conferences
- Over 15 poster presentations involving interaction with attendees at local, state, and national conferences



Peggy Anne Hawkins, DVM, MS

Profile

Swine veterinarian with 20 years of experience and expertise in pork production medicine.

- Excellent presentation skills
- Experienced in writing and editing research papers
- Ensured appropriate experimental design application to regulatory and clinical study protocols
- Embraced Veterinary Medicine and Animal Science disciplines

Education

December 1992 Iowa State University Ames, Iowa

Master of Science in Animal Production (emphasis on swine production)

Thesis: Muscle biopsy as a predictor of muscle quality in three stress genotypes

May 1991 Iowa State University Ames, Iowa

Doctor of Veterinary Medicine

May 1982 Iowa State University Ames, Iowa

Bachelor of Science in Animal Production

1977 Medical Institute of Minnesota Minneapolis, MN

Veterinary Medical Technician

(Personally financed 100 percent of college education expenses)

Professional experience

2007 – Present Veterinary Provisions, Inc. Northfield, MN

Swine Veterinarian/Director of Research

2006 - 2007 Minitube of America Verona, WI

Director of Veterinary Services

2002 - 2006 Monsanto Choice Genetics St Louis, MO

Health Services Veterinarian

1994 - 2002 Pfizer Animal Health New York, NY

Veterinary Medical Manager

1992 - 1994 White Oak Mills/ProGenetics Elizabethtown, PA

Staff Veterinarian

1991 - 1994 Iowa State University Ames, Iowa
Research Assistant in Animal Science

1986 - 1987 Iowa State University Ames, Iowa
Laboratory Technician II

1982-1985 US Peace Corps Kingdom of Lesotho, Africa
Volunteer

Junior High/High School Teacher

Taught junior high agriculture (animal husbandry and horticulture), English and integrated science. Extended two year contract another year to complete programs and projects started with students. Established school garden program to supply vegetables for student meals.

Additional professional activities

Resident Assistant, Iowa State University, Ames Iowa

Store Security Officer, Target Department Store, Ames, Iowa

Veterinary Medical Technician, Glenwood Veterinary Clinic, Glenwood, Iowa

Professional memberships

American Association of Swine Veterinarians

- Program committee member 2001 & 2004
- AASV Foundation Board Member

American Veterinary Medical Association

Iowa Veterinary Medical Association

Iowa State Alumni Association

Professional goals

A position that includes technical skills in pork production medicine. Presenting research and technical information to customers to foster a better understanding of the mode of action and return on investment of veterinary products. Utilize skills in population epidemiology and developing programs to meet the needs of pork producers. Assisting marketing to ensure the technical accuracy of sales material. Eventual goal to work with a not-for-profit organization interested in delivering protein in the form of sustainable pork production to developing countries as the global population reaches nine billion people.

Lori Stevermer

Marketing Manager, Hubbard Feeds



Lori Stevermer

"I am passionate about sharing my family's pig farming story so consumers can meet the people behind the pork products they enjoy."

Presentation Information

Mrs. Stevermer serves as an industry volunteer and speaks nationwide. There are no speaker fees associated with appearances.

Funding is provided by the National Pork Board and the Pork Checkoff.

Volunteer Speaker Pork Industry Leader

Personal Profile

Lori and her husband, Dale, raise pigs and crops near Easton, Minnesota, and they have three adult children. She is an active volunteer with the Minnesota Pork Board for various pork promotion events, and she is passionate about advocating for the pork industry at local, state and national events. She enjoys running and biking, and for Lori, family, farming and friends are what are most important.

Professional Profile

Lori Stevermer is the Marketing Manager for Hubbard Feeds, having spent her time in sales and marketing in animal nutrition for over 30 years. She currently serves on the National Pork Producer's Council's Executive Board. Her prior industry experience includes 9 years on the Executive Board of the Minnesota Pork Producers Association, along with various state and national committees.

Education

Lori Stevermer graduated from the University of Minnesota with a Bachelor of Science in Animal Science.



LORI STEVERMER

16388 490th Ave Easton MN 56025 · 507-420-7213

lori.stevermer@hubbardfeeds.com · www.linkedin.com/in/lori-stevermer-52662050

I am an advocate for agriculture and passionate about developing the next generation of agriculturists. I believe in teamwork and leveraging everyone's skills and experiences to achieve our goals.

EXPERIENCE

AUGUST 2019 – PRESENT

MARKETING MANAGER, HUBBARD FEEDS - ALLTECH

I oversee the marketing activities involving product development, communications, advertising, social media, events, and training for the Hubbard Feeds brand. In addition, I supervise a team of three individuals who work on various aspects of marketing and communication within Hubbard.

NOVEMBER 2004 – AUGUST 2019

SWINE MARKETING COORDINATOR, HUBBARD FEEDS

My focus was on the swine marketing activities for Hubbard Feeds and included developing literature for products, creating advertising campaigns and managing events & training meetings.

JULY 1986 – NOVEMBER 2004

ACCOUNT MANAGER – SWINE SPECIALIST – HUBBARD/WAYNE FEEDS

Responsible for sales of animal nutrition products to farmers and feed dealers throughout south central and southeastern MN.

EDUCATION

MAY 1986

B.S ANIMAL SCIENCE, UNIVERSITY OF MN, TWIN CITIES

ACTIVITIES

- Member of National Pork Producers Council Board of Directors since 2019
- Past member and former President of MN Pork Producers Association Board of Directors
- Volunteer for MN Pork which includes activities such as Oink Outing, Grandma's Marathon, and State Fair
- Faribault County 4H Volunteer

MARY PURDY, MS, RDN

SUMMARY OF QUALIFICATIONS

A creative and strategic-thinking Integrative and Eco-Focused Dietitian with 12+ years of a systems-based approach to health and wellness, an expertise in sustainable food systems and a specialty in compassionate behavior change techniques. A highly rated academic and community educator as well as a dynamic and sought after public speaker and accomplished author and podcast host. A proven community leader, networker and connector who regularly demonstrates excellent relationship-building prowess. A driven and entrepreneurial spirit with an eye for analyzing risk and benefits. Holds key positions in numerous dietetics and environmental groups working to inspire individuals and organizations to champion human and planetary health, address the climate crisis and promote racial equity. Committed to creating and promoting diverse and inclusive spaces within the dietetics profession and all community and learning environments.

EDUCATION & TRAINING

— Certified Climate Reality Leader, Climate Reality Project	2021
— Certificate of Training in Sustainable Food Systems, Academy of Nutrition and Dietetics	2020
— Certification in Food Systems, Johns Hopkins University, Online	2019
— Certification in Plant Based Cooking, Rouxbe Online Cooking School	2015
— Dietetic Internship Program; Bastyr University, Seattle, WA	2008
— Master of Science in Nutrition, Didactic Program in Dietetics; Bastyr University, Seattle, WA	2007
— Certification as a Certified Holistic Health Counselor; Institute for Integrative Nutrition, NYC, NY	2005
— Bachelor of Arts in Theater, Oberlin College, Oberlin, OH	1992

TEACHING/EDUCATIONAL DESIGN EXPERIENCE

Adjunct Faculty in Nutrition Bastyr University, Kenmore, WA	Sept 2014 —Present
— Created, designed content for and currently teaching: Global and Ecological Issues of Nutrition (30 students) focusing on sustainable, regenerative, and equitable food systems, food sovereignty, food justice as well as environmental impacts both from and to the food system and their impact on human health, including climate change. Address disproportionate impact on marginalized and BIPOC communities.	
— Co-created, designed and taught Nutrition Principles for the core curriculum of Naturopathic Medicine Programs, (40-80 students) covering function, metabolism and whole foods sources of macro and micronutrients, how to perform accurate professional nutritional assessments, prescribe personalized integrative therapeutic diets for chronic health conditions and help patients move towards change.	
— Created, designed content for and taught courses: Nutrition, Botanicals and Supplements and Digestive Issues for the East Asian Medicine Program (10-15 students) covering fundamentals of nutritional and supplemental strategies to reduce inflammation and support digestive function.	
— Created, developed and taught Therapeutic Cooking , for the core curriculum of the Culinary Arts Program, (15 students) training students on commonly prescribed therapeutic diets/foods and their applications in chronic and acute illnesses. Included lab.	
— Revised, developed new course materials and taught Nutrition Throughout the Lifecycle (60 students) for the BS Nutrition program instructing on roles of nutrients in different life stages.	
— Planned and executed original and comprehensive lectures, provided challenging coursework, as well as creative in-class activities and outside projects with both an online and interactive component to increase student engagement and enhance learning outcomes.	
— Collaborate with fellow professors and Department Chairs around curriculum development, addressing issues in the classroom and ensuring learning needs of students are met, the classroom space is equitable, inclusive and anti-racist	
— Managed and delegated tasks and assignments to teaching assistants.	

Co-Creator and Presenter of the updated “Environmental Toxins, Exposure, and Elimination” Module of the Certificate of Training Program in Integrative and Functional Medicine offered by The Academy Center for Lifelong Learning, Released June, 2019

- Researched material and designed slide deck and script for 2 hour teaching module on the effects that environmental toxicants have on human health & provided potential therapeutic benefits for dietary protocols to support organs of detoxification and minimize exposure to chemicals known to be harmful to humans.

Adjunct Clinical Faculty | Bastyr University, Center for Natural Health -Seattle, WA

Jun 2010-2015 + Jan-April 2021

- Supervised a shift of 6 graduate students at teaching serving patients with a variety of medical conditions and food-related health issues, observing student counseling sessions and offering nutrition advice and counsel to patients using a food as medicine and functional nutrition approach.

- Taught students medical nutrition therapy with focus on an integrative and functional medicine framework, clinic protocol, nutrition care process, and EPIC medical charting.
- Assessed student strengths and weaknesses and provided constructive feedback on patient interactions and medical charting to increase their confidence and enhance their potential.

SUSTAINABLE FOOD SYSTEMS EDUCATOR AND CONSULTING ECO-DIETITIAN

Independent Integrative Eco-Dietitian Consultant, Seattle WA

May 2019- Present

- Create and present talks, presentations, webinars and videos on a variety of nutritional health and sustainability-related topics that work towards catalyzing change. See additional speaking and teaching experience below
- Provide input, insights as well as clinical relevance around effects of dietary patterns on human and planetary health. Amplify organizational sustainability initiatives by connecting the dots between good for the person and good for the environment. Actively engaged and involved in projects and initiatives with the below organizations focused on building a more sustainable and just food system that helps to mitigate climate change.
 - Food and Climate Alliance and participating members like Natural Resources Defense Council and Center for Biological Diversity
 - Planetary Health Collective (Education Lead and Steering Committee Member)
 - Meatless Mondays Global Platform with the Center for a Livable Future
 - Member of Food Justice Project of Community Alliance for Global Justice and part of Organizing Collective/Facilitator for the Rise-up Summer School
 - Health and Climate Crisis Committee of Bastyr University
 - Sustainability Committee and Task Force for Vegetarian Nutrition DPG
 - Kris Carr Inner Circle Wellness Online Community

Content Creator, Instructor, Speaker & Video Producer on Nutrition, Human Health and Sustainable Food Systems Jun 2013– Present

- Provide learning modules and CEU based webinars and in person presentations at dozens of national health and nutrition conferences and summits as well as for individual learning events for numerous Academy Dietetic Practice Groups and State Conferences as well as educational outlets such as Dietitian Central, Bastyr University Continuing Education, Integrative and Functional Nutrition Academy, Catalyst, Academy of Integrative Health and Medicine
 - See recent speaking engagements list below
- Research, write script for and shoot monthly videos on numerous health and nutrition related topics for the online Inner Circle Wellness group with Kris Carr's Crazy Sexy Wellness Team. Include "Green Corner" that connects nutrition topic to environmental health
- Host of The Good Clean Nutrition Podcast with Orgain, interviewing subject matter experts on variety of nutrition related topics.

Host/Co-Creator | The Nutrition Show, Podcast and Web Series, Seattle, WA

June 2015 – Present

- Create and deliver one to two "edutaining" podcast episodes bi-monthly on a variety of hot and helpful nutrition and wellness topics with practical and helpful tips and a focus on sustainability in the food system. Topics span from eating for the environment, food justice, regenerative agriculture, GMO's and plant based diets to clinical and health-related topics like integrative and functional approaches to support brain, thyroid and heart health, menopause and intermittent fasting,
- Interview subject matter experts and help to promote shows via social media platforms and newsletter.
- Created content for and delivered numerous Facebook Live videos as well as short videos on variety of topics.

PUBLIC SPEAKING ENGAGEMENTS

Regular Speaker/Presenter at Numerous Professional Conferences and Online Education Platforms: Sampling of presentations below. Additional topics and clients available upon request.

- **"Nourishing the Microbiome Nation with Diet and Lifestyle Habits"** – CEU Webinars for Dietitian Central; Illinois ACDES; Orgain Education; Integrative Healthcare Symposium Microbiome Summit, 2021
- **"Eating to Save the Planet: The Role of the Health Practitioner/RDN"** – Webinars for Academy of Integrative Health and Medicine; Dietitians in Integrative and Functional Medicine; Dietitian Central; 3X4 Genetics; Planetary Health Collective, 2020-2021
- **"A Dietitian Road Map to Functional Nutrition"**, Webinars/presentations for the New York Academy of Nutrition and Dietetics, 2021 and Dietitian Central Online, January 2019 and Austin Registered Dietitians Alliance Symposium
- **"Let's Talk Detox: How RDN's Can Reclaim the Cleanse"**, Idaho Academy of Nutrition and Dietetics, Nebraska Academy of Nutrition and Dietetics, 2021; Today's Dietitian Virtual Symposium, May 2020
- **"Thyroid Health: A Dietitian Roadmap to Hashimoto's Thyroiditis"**, Montana Academy of Nutrition and Dietetics, 2021; Austin Registered Dietitians Alliance Symposium, February 2019 & Academy of Integrative Healthcare Medicine, Sept 2019
- **"Practical Nutrition Strategies for Planetary Health."** Integrative Healthcare Symposium, February, 2020
- **"Detoxification: Evaluating the Science and Implications for Practice"**, Academy of Nutrition and Dietetics FNCE Conference, Oct 2019

- “**Beyond Quinoa: Healthy Dietary Strategies for All.**” Integrative Medicine for the Underserved”, IM4US, August 2019
- “**Nutrigenetics and Nutrigenomics in Clinical Practice**”, CEU-approved live presentation for preceptors of the Bastyr Dietetic Internship, April, 2018
- “**Functional Nutrition 101**” presented at the Pre-Con (FNCE) conference with Nutrition Entrepreneurs DPG, Oct 2018
- “**Being Brave: Carving out your Leadership Niche**” presented at The Academy’s FNCE Learning Lounge, October 2018
- “**Getting Your Vitamin Zzz’s: The Role of Sleep on Health**”, Austin Registered Dietitians Alliance Symposium, February 2018
- “**Your Brain on Food: Nutrition for the Mind**” Academy of Integrative Healthcare Medicine, Sept 2017; Washington State Academy of Nutrition and Dietetics Conference, April 2017 & CEU-approved webinar for Dietitians in Integrative and Functional Medicine, January, 2018
- “**Ain’t Nothing Like the Real Thing: The Power of Whole Foods**” CEU-approved webinar offered to members of Dietitians in Integrative and Functional Medicine, 2016
- “**Detoxification: Is there a Role for Dietitians?**” Washington State Academy of Nutrition and Dietetics Conference, April 2015
- “**Making Sense of Food Sensitivities,**” CEU-approved live presentation for preceptors of the Bastyr Dietetic Internship, Jun 2010

BOOK AUTHOR

- “The Microbiome Reset Diet”, Callisto Media, June, 2020
- “Serving the Broccoli Gods”, Amazon KDP, Dec, 2018

PUBLICATIONS

- “Dietitians as Sustainability Champions” published in the Integrative RD and Hunger and Environmental Nutrition Newsletters, 2020 & 2021
- Co-authored and updated the Diet Appendix for the Anti-Inflammatory Diet chapter in the 14th and 15th Ed. of Krause’s Food and the Nutrition Care Process, 2018 & 2020
- Updated Spark Nutrition Chart, (most recent 2014 version), Sterling Publishing, NYC, 2014
- “Advice for Avoiding Late Night Snacking,” www.ExpertBeacon.com, Feb 2014
- “The Green Tea & Cancer Connection,” ADA Oncology & Nutritionists in Complementary Care DPG Peer reviewed Newsletters, 2006
- “Capsaicin, a Cancer Inhibitor?” ADA Oncology & Nutritionists in Complementary Care DPG Peer reviewed Newsletters, 2007
- “Get Some Spice into Your Life,” Seattle Post Intelligencer, October 2007
- “Sweet Dreams,” Seattle Post Intelligencer, December, 2007
- “Battling Seasonal Sniffles,” “Eating for Your Eyes,” “Squash out Disease,” Primetime Northwest: Monthly columns, 2006 – 2007

MEDIA PRESENTATIONS

- Regular commentator on hot nutrition issues for Seattle Public Radio’s KUOW 2011-2015 - <http://kuow.org/term/mary-purdy>
- Interviewed on Seattle Television programs Kiro News and Q13 Fox discussing a variety of nutrition topics
- Featured & quoted in articles in national magazines like Prevention, Natural Health, Reader’s Digest and Today’s Dietitian
- Regular blogger and guest blogger on personal and wellness-related business websites

CLINICAL DIETITIAN EXPERIENCE

Registered Dietitian Coach, Clinical Education Lead | Arivale, Seattle, WA Jul 2015- May 2019

- Coached 100’s of clients for this groundbreaking company founded by Dr. Lee Hood, whose systems medicine-focused-program looked at genetics, microbiome, saliva, and specific blood markers (from vitamins, minerals and fatty acids, to antioxidant status and heavy metal levels), to help create personalized dietary, supplemental and lifestyle recommendations that aimed to improve and transform health.
- Developed numerous aspects of the program including improving systems, offering marketing strategies and enhancing client and coach experience.
- Developed and expanded clinical trainings as well as provided in class/online-based instruction and practice/application protocols for new and seasoned coaches increasing confidence level and effectiveness with telehealth coaching.
- Managed a team of five registered dietitians, providing guidance on operating systems, clinical advice, evaluations, and quarterly reviews.
- Initiated several internal office projects focused on sustainability and environmentally supportive practices

FounderOwner | Nourishing Balance, Private Practice Nutritional Counseling and Consulting Seattle, WA June 2007 – Jul 2015

- Provided effective one on one nutritional counseling utilizing motivational interviewing techniques to effect changes in patients with a variety of medical issues and health concerns. Specialized in blood sugar dysregulation, diabetes, food sensitivities, GI dysfunction, cardio-metabolic issues, hormonal imbalance, cancer support, autoimmune and inflammatory conditions. Excelled at assessing the nutritional needs of individuals with a solid understanding of a patient’s condition and readiness to change.
- Developed and conducted over 150 educational and solution oriented health and wellness presentations at businesses, hospitals, universities, and community centers including dozens of Seattle based businesses partnering with WellSpring EAP & the Washington Correctional Center for Women.

- Supervised interns twice/year for six months each, training them how to run a private practice, involving them in patient care, collaborating on handouts, articles, presentations, supervising tasks, and providing constructive feedback.
- Created and delivered online food-based detoxification programs for over 200 participants, targeting disease prevention and transformation of dietary habits.
- Promoted nutritional issues in the media by writing and distributing regular newsletters and weekly blogs, hosting a personal radio program and maintaining social media pages offering pertinent nutrition research.

Outpatient Dietitian | Harborview Medical Center, Seattle, WA

Oct 2008 – Oct 2010

- Improved health outcomes via nutritional counseling patients from all socio-economic and ethnic backgrounds, on how to manage health issues such as diabetes, hypercholesterolemia, hypertension, HIV and obesity.

LEADERSHIP & BOARD MEMBERSHIPS

- Steering Committee Member and Head of Education for the Planetary Health Collective, an organization working to mitigate climate change and nourish human health by leveraging the unique role of food and nutrition professionals 2019-Present
- Current New Member Chair, Hunger and Environmental Nutrition (HEN) Dietetic Practice Group of the Academy of Nutrition & Dietetics (Member since 2010)
- Chair, Dietitians in Integrative and Functional Medicine(DIFM) Dietetic Practice Group of the Academy of Nutrition & Dietetics- AND). 2017 – 2018 Board member since 2012. Currently serving as Environment and Nutrition Chair
 - o Helped to grow the organization from ~4700 to 5200+ members over the course of a year
 - o Spearheaded and oversaw dozens of projects from almost 20 webinars, the initiation of diversity awards to a variety of large and small events, presence at conferences, social media campaigns
 - o Organized and led 2-Day Spring Leadership Retreat and Board Meeting before FNCE 2017 & ran monthly conference calls.
 - o Partnered with other DPG's and MIGS with the intention of building up our profession, networking and sharing resources
 - o Oversaw and communicated regularly and consistently via dedicated SLACK channel with 30+ board members to make announcements, brainstorm ideas, provide input on topics, share resources, delegate tasks and follow up on projects
 - o Wrote quarterly columns in DIFM Newsletter, participated on social media, list serves as well as responded to email inquiries
- Chair Elect/Communications Chair Dietitians in Integrative and Functional Medicine (DIFM) 2012-2017
- Past President /P/R & Marketing Chair, Greater Seattle Dietetic Association, 2006 – 2012
- Past President/Nominating Committee. Business Networking International (BNI) Interbay Referral Builders chapter in Seattle, 2011-2014

AWARDS AND HONORS

Excellence in Practice Award, Dietitians in Integrative and Functional Medicine, 2020
 Commencement Speaker, Bastyr University, June, 2019
 The Mary C. Zahasky Memorial Continuing Education Award, Academy of Nutrition and Dietetics, 2019
 The Washington State Academy of Nutrition and Dietetics Educational Award 2019 and 2016.
 The Greater Seattle Dietetic Association Education Stipend 2016

VOLUNTEER WORK

350Seattle and Sunrise Movement focusing on action towards a more sustainable environment, Seattle, WA, 2019-2021
 Food Justice Project with Community Alliance for Global Justice, Seattle, WA, 2018-Present
 Healthy Living workshops leader at Jubilee Women's Center, Seattle, WA, 2019
 University Food Bank, Seattle, WA, 2019
 Nutrition Workshop Instructor at Elizabeth Gregory House: Seattle, WA 2016-2017

CURRENT MEMBERSHIPS AND AFFILIATIONS

Dietitians in Integrative and Functional Medicine
 Hunger and Environmental Nutrition
 Nutrition Entrepreneurs
 Vegetarian Nutrition
 NOBIDAN
 Academy of Integrative Health and Medicine; Food Tank; Food First

SKILLS

Experienced and skilled in Power Point, Outlook, Slack, Instagram for Business, Wordpress, Mailchimp, EPIC, CANVA and Excel.
 Conversational Spanish and French

Alison M. St. Germain

CURRENT POSITION: Student Wellness Dietitian
Iowa State University

Founder/Owner
St. Germain Consulting: Health Redefined—Nutrition For ALL Bodies, LLC

EDUCATION:

Year 1999 M.S. Nutritional Sciences Iowa State University

Year 1995 B.S. Dietetics Iowa State University

Year 1990 A.A. Business University of Minnesota, Crookston

CERTIFICATION, LICENSURE & Training:

Registered Dietitian #832842
Licensed Dietitian #01199
Quality Matters (QM) Teaching Online Certification
Craving Change™ cognitive behavioral therapy certification Oct 2019 - Present
Certified Health for Every Body™ Facilitator Dec 2017 - Present
Adviser Training Workshop: Responding to Student Issues Aug 28, 2017
Respond Mental Health Training July 11 & 13, 2017
The Body Project Faculty Facilitator Training Jan 21, 22, 2017
Certified Intuitive Eating® Counselor 2015 - Present
Certificate of Completion: Iowa Department of Elder Affairs Dependent Adult Abuse Training for Mandatory Reporters; 2004 and 2010.

THESIS TITLE: Isoflavone-rich soy protein isolate exerts significant bone-sparing effects in the lumbar spine but not symptom relief in perimenopausal women 1999

POSITIONS HELD:

11/13 – 08/31 Clinical Professor
Department of Food Science and Human Nutrition
Iowa State University, Ames IA

- Plan, implement, evaluate supervised practice experiences for dietetic interns
- Develop, coordinate, and assess distance education courses in dietetics
- Provision of continuing education for preceptors
- Engagement in the transition of the Dietetic Internship into a demonstration program as defined by the Future Education Model
- Created and taught a new online course *Dysfunctional Eating Behaviors* for new Master of Professional Practice-Dietetics degree in accordance with new competence based learning standards as defined by the Accreditation Council for Education in Nutrition and Dietetics
- Academic advisor to undergraduate dietetic and nutritional science majors
- Lecturer in advanced practice areas in the undergraduate dietetic courses

08/12 – 12/13 Adjunct Faculty
Des Moines Area Community College, Ames/Boone IA

- Planned and implemented classroom cooperative learning via lecture and online education models

- 09/99 - 11/12
Clinical Dietitian Long-term Care Consultant
ABCM, Corporation, Nevada & Webster City IA
- Clinical nutrition assessment, intervention, and evaluation of residents
 - In-service Training for dietary and nursing staff
 - Menu evaluation and recommendations
 - Kitchen safety and sanitation audits
- 04/09 – 05/12
Sports Dietitian Consultant
Advanced Fitness & Performance, Ames IA
- Individual consultations
 - Group presentations
 - Wellness program development
- 12/05 – 05/07
Clinical Dietitian Long-term Care Consultant
Eldora Nursing and Rehab, Eldora IA
- Clinical nutrition assessment, intervention, and evaluation of residents
 - In-service Training for dietary and nursing staff
 - Menu evaluation and recommendations
 - Kitchen safety and sanitation Audits
- 08/01 – 05/04
Clinical Dietitian Long-term Care Consultant
Green Hills Retirement Community, Ames IA
- Clinical nutrition assessment, intervention, and evaluation of residents
 - In-service Training for dietary and nursing staff
 - Menu evaluation and recommendations
 - Kitchen safety and sanitation Audits
- 02/98 – 05/01
Community Dietitian
Hamilton County & Webster County Public Health, Webster City IA
- Clinical nutrition assessment, intervention, and evaluation of WIC clients
- 08/98 – 05/99
Clinical Dietitian, prn status
Mary Greeley Medical Center, Ames IA
- Nutrition Screening
 - Clinical nutrition assessment, intervention, and evaluation of patients
- 08/97 – 05/98
Teaching Assistant
Department of Food Science and Human Nutrition
Iowa State University, Ames IA
FSHN 167 Introduction to Human Nutrition
FSHN 461/464 Medical Nutrition Therapy and Disease
- 07/96 – 05/99
Project Coordinator and Research Assistant (Dr. Lee Alekel-PI)
Department of Food Science and Human Nutrition
Iowa State University, Ames IA
- Coordinated an extensive, longitudinal human research study:
 - The Effects of Soy Isoflavones on Menopausal Symptoms and Bone
 - Supervised several undergraduate students
 - Screened approximately 300 subjects via clinical and nutritional history
 - Planned, prepared, presented menopausal educational seminars
 - Performed laboratory analyses (urinalysis, biochemical bone marker assays, bone mineral density via DXA, menopausal symptom analysis).

- 06/95 – 05/96 Nutrition Educator/Counselor
Women Infants Children, Child & Maternal Health, Head Start, Senior Health Programs
Mid-Iowa Community Action, Ames IA
- Clinical nutrition assessment, intervention, and evaluation of clients
- 01/94 – 01/95 Undergraduate Research Assistant (Dr. Murry Kaplan-PI)
Department of Food Science and Human Nutrition
Iowa State University, Ames IA
- Homogenization of various diet meal samples to analyze nutrient composition
- 08/93 – 01/95 Research Apprenticeship (Dr. Dale Terry-PI)
Department of Food Science and Human Nutrition
Iowa State University, Ames IA
- Investigated and statistically analyzed the interrelationships regarding body image perception, teasing history, and restrained eating behaviors of 16-18 year old males and females
- 05/92 – 05/95 Dietary Aide/Wait staff/Trainer/Volunteer Assistant to Registered Dietitian
Green Hills Retirement Community, Ames IA
- 08/92 – 05/92 Undergraduate Wellness Center Volunteer
Iowa State University, Ames IA
- 06/90 – 06/91 Legal Secretary
Conmy, Feste, Bossart, Hubbard LTD, Fargo ND

PROFESSIONAL RESPONSIBILITIES (%)

Year	Teaching	Research	Extension/Outreach/Service
2013-Present	95%	0%	5%

UNDERGRADUATE COURSES TAUGHT

Course Title	Catalog#	Credit Hours	Average Number of Students per Class	Number of Semesters Taught	Years Taught
Introduction to Nutrition	FSHN 167	3	200	Guest Lecturer 1-2 classes each semester	2017 - PRESENT
Medical Nutrition Therapy I	FSHN 461	4	85	Guest Lecturer 1-2 classes each semester	2016 - PRESENT
Medical Nutrition Therapy II	FSHN 464	3	85	Guest Lecturer 1-2 classes each semester	2016 - PRESENT
Nutrition Counseling & Education Methods	FSHN 466	3	40	Guest Lecturer 2 - 3 classes each semester	2016 – PRESENT

Course Title	Catalog#	Credit Hours	Average Number of Students per Class	Number of Semesters Taught	Years Taught
Human Nutrition	DMACC 240	3	25	3	2012 - 2013
Sport's Nutrition	DMACC 190	3	20	1	2012 - 2013
Assessment and Curriculum: Ages Birth-2yrs	HDFS 340	4	25	Guest Lecturer	2001
Introduction to Nutrition	FSHN 167	3	350	Team taught 1 semester	2000

GRADUATE COURSES TAUGHT

Course Title	Catalog#	Credit Hours	Average Number of Students per Class	Number of Semesters Taught	Years Taught
Dysfunctional Eating Behaviors, Treatment & Therapies	FSHN 590A	1	30	1	FALL 2018
<u>Dietetics Internship I</u> Medical Nutrition Therapy	FSHN 554	5	25	19	2013 - PRESENT
<u>Dietetics Internship II</u> Community Nutrition	FSHN 555	5	25	19	2013 - PRESENT
<u>Dietetics Internship III</u> Management	FSHN 556	5	25	19	2013 - PRESENT
Medical Nutrition Therapy	FSHN 461/561XW	3	15	9	2007 - 2010

SCHOLARLY TEACHING ACTIVITIES

Teaching Mentor

2015 - Present Academic Faculty Advisor
 Body Image Eating Disorder Awareness Student Organization (BIEDA)

2017-2018 Faculty Facilitator & Advisor
 The Body Project Cognitive Dissonance Eating Disorder Prevention Program

Workshops/Seminars Taught

2017 (10 sessions) Co-Facilitator & Presenter
 Iowa State University Employees
 Health for Every Body™, Ames IA

2017 Webinar Facilitator and Presenter
 Iowa State University Dietetic Interns
Intuitive Eating & Health at Every Size for Dietetic Interns, Ames IA

2016 Workshop Facilitator and Presenter
 Iowa State University Student Wellness
Intuitive Eating While a Student on a Dining Hall Food Plan, Ames IA

- 2014 Webinar Facilitator
Iowa State University Dietetic Interns
Match Day Webinar, Ames IA
- 2011 Program Developer, Weekly Presentations/Activities
Advanced Fitness Performance
Chose, Lose, Live: Nutrition & Exercise Program, Ames IA
- 2009 Program Developer, Weekly Presentations/Activities
Advanced Fitness Performance
Girl Power Body Movement and Joyful Eating: A Body Respect Program, Ames IA
- 2006 Program Developer, Weekly Presentations/Activities
St. Cecilia Elementary Kindergarten
Eating the Alphabet Program, Ames IA
- 1997 - 1999 Workshop Facilitator and Presenter
Iowa State University Research Subjects
Health Effects, Long-term Consequences, Therapies, Ames IA

Materials developed

- 2018 **White paper created for Iowa Academy of Nutrition and Dietetics**
[10 Reasons to Consult a Registered Dietitian Nutritionist White Paper](#) Oct 2018
- 2019 **Blogs created for Iowa Academy of Nutrition and Dietetics**
[Don't Lose Your Mind over Holiday Eating](#), Nov 2019
[Can Too Much Exercise Be Harmful?](#) An RDs Journey with Disordered Exercise
And Eating, Sept 2019
[Celebrating the Mom Bod!](#) July 2019
[April's Showers Bring May flowers and Apparently Salad?!](#) May 2019
[Spicy Yet Sweet. Sweet Potato Nutritional Value and Recipe Ideas](#) Feb 2019
- 2018 [National Pear Month](#) Dec 2018
What if Weight Loss Were a Side Effect Instead of the Goal? Nov 2018
Summer Snacks July 2018
[Sweet Potatoes are not Just for Holiday Dinners](#) Jan 2018
ISU Extension Blog [Honor Your Health](#) Jan 2018
- 2017 Keeping it Real Oct 2017
From New Year's Resolutions to YOU Year Resolutions Jan 2017
- 2016 Parenting Can Be Tricky on Halloween Oct 2016
The Harm Associated with BMI Testing and BMI Report Cards in Schools May 2016
Does Healthy equal Weight Loss? Feb 2016
- 2015 Eating For Taste and Health Over the Holidays Oct 2015
Intuitive Eating Aug 2015

PUBLICATIONS/CREATIVE EXHIBITS:

Peer-reviewed Journal Papers – Published

- 2015 Houston C, Bassler E, **St. Germain A.** Ethical considerations when students experience an active eating disorder during their dietetics training. J Acad Nutr Diet. Volume 115, Issue 10, 1715-1717, October 2015.

- 2001 **St. Germain A**, Peterson CT, Alekel DL: Effect of isoflavone-rich or isoflavone-poor soy protein does not reduce menopausal symptoms during 24 weeks of treatment. *Menopause*, 8(1), 2001.
- 2000 Alekel DL, **St. Germain A**, Peterson CT, Hanson KB, Stewart JW, Toshiya T: Isoflavone-rich soy protein isolate exerts significant bone sparing in the lumbar spine of perimenopausal women. *Am Clin Nutr*, 72:844-52, 2000.

Invited Papers, Book Chapters, and Book Reviews

- 2019 Chapter Contributor (in progress)
Simplified Diet Manual 13th Edition Chapter 5 Weight Management

Other Publications

- 2016 Krueger T, Anderson J, Bergquist E, Johnson J, Kruzich L, **St. Germain A**, Shelley M. Predicting success in a dietetic internship. Academy of Nutrition and Dietetics NDEPLine Fall 2016.

Bergquist E, Anderson J, Johnson J, Krueger T, Kruzich L, St. Germain A. Malnutrition assessment: in-depth training improves dietetic interns' confidence and use of nutrition-focused physical examination. Clinical Nutrition Week Austin TX, January 17, 2016.

JURIED SCHOLARLY PRESENTATIONS AT PROFESSIONAL MEETINGS:

Regional, National or International

- 2017 Bergquist E, Krueger T, Kruzich L, Johnson J, **St. Germain A**, Anderson J. Team based learning activities improve application of the nutrition care process in dietetic internship. *J Acad Nutr Diet*. Volume 117, Issue 9, Suppl: A69, 2017.

Krueger T, Anderson J, Bergquist E, , Johnson J, Kruzich L, **St. Germain A**. Debriefing influences interns' confidence in performing nutrition focused physical exams. *J Acad Nutr Diet*. Volume 117, Issue 9, Suppl: A71, 2017.

- 2016 Krueger T, Anderson J, Bergquist E, Johnson J, Kruzich L, **St. Germain A**. Integrating the evidence analysis library in dietetic internship projects to promote evidence-based practice. *J Acad Nutr Diet*. Volume 116, Issue 9, Suppl: 65, 2016.

- 2015 Bergquist E, Anderson J, Johnson J, Krueger T, Kruzich L, **St. Germain A**. Malnutrition assessment: in-depth training improves dietetic Interns' confidence and use of nutrition-focused physical examination. *J Acad Nutr Diet*. Volume 115, Issue 9, Suppl 2: A-25, 2015.

Krueger T, Anderson J, Bergquist E, Johnson J, Kruzich L, **St. Germain A**. Choose your food lunch workshop: using mobile technology to practice food intake assessment. *J Acad Nutr Diet*. Volume 115, Issue 9, Suppl 2: A-65, 2015.

Innovation in Education. Choose Your Foods Lunch Workshop: Using Mobile Technology to Practice Food Intake Assessment. Krueger T, Bergquist E, Johnson J, Kruzich L, Anderson J, **St. Germain A**. Poster presentation FNCE 2015.

- 2001 Petersen HL, Peterson CT, **St. Germain A**, Hanson KB, Sharp RL, Alekel DL: Bone mineral density increases with 16 weeks of training in collegiate swimmers. *J Bone Miner Res* 16 (Suppl 1) S 484, Abstract No. M205, 2001.

- 2000 **St. Germain A**, Hanson KB, Peterson C, Alekel DL: Soy protein isolate with isoflavones prevents bone loss in the lumbar spine of perimenopausal women: *Bone* 23(5):S292, Abstract No. T2385, 1998.
- 1998 **St. Germain A**, Alekel, DL Peterson CT, Hanson KB, Stewart JW, Toshiya T: The effects of soy isoflavones on menopausal bone loss and symptoms. Bone and Mineral Research Conference. Poster presentation at The American Society for Bone and Mineral Research and the International Bone and Mineral Society San Francisco CA.
- State and Local
- 2017 Johnson J, Bergquist E, Kruzich L, **St. Germain A**, Kruger T, Bender H, Anderson J. Practice makes perfect: using a dress rehearsal to apply team based learning practices in a dietetic internship. Abstract for invited poster presentation 16th Annual Team Based Learning Collaborative, Orlando FL, March 2017.
- 2014 **St. Germain A**, Bergquist, E, Johnson J, Kruzich L, Krueger T, Anderson J, Cox M, Packard A. ISU DI Becoming a Preceptor. Iowa Consulting Meeting, April 25, 2014.
- 1998 **St. Germain A**, Alekel, DL Peterson CT, Hanson KB, Stewart JW, Toshiya T: The effects of soy isoflavones on menopausal bone loss and symptoms. Poster presentation at Iowa Academy of Nutrition and Dietetics, Ames IA, 1998.
- 1995 **St. Germain A**, Terry D. The interrelationships regarding body image perception, teasing history, and restrained eating behaviors of teenage (16-18 year old) males/females. Poster presentation Iowa Dietetic Association Conference.

INVITED SCHOLARLY PRESENTATIONS:

Regional, National or International

- 2016 Nutrition and Dietetic Educators and Preceptors Annual Conference Memphis TN April 2016
Malnutrition and Teaching Interns How to Perform Nutrition Focused Physical Exams

State and Local

- 2020 Minnesota Academy of Nutrition and Dietetics Annual Conference April 23, 2020
Keynote Speaker: *Make a Greater Impact Using Non-Diet Weight Neutral Approaches to Well-Being*
- 2019 Iowa Diabetes + Wellness Summit Nov 14, 2019
Legalizing Eating With Diabetes. An Intuitive Approach.
- Iowa Academy of Nutrition and Dietetics Annual Conference Nov 12, 2019
Make a Greater Impact Using Non-Diet Weight Neutral Approaches to Well-Being
- Annual Nurse Practitioner Conference October 10, 2019
The Dangers of Weight Focused Interventions with Children and the War on "Combatting Obesity"
- Des Moines University Physical Therapy Class October 2019
How Physical Therapists and Registered Dietitians Can Collaborate
- University of Iowa Hospital Preceptor Training Sept 2019
Malnutrition and Nutrition Focused Physical Exam
- Methodist Health System Preceptor Training Sept 30, 2019
Malnutrition and Nutrition Focused Physical Exam

- 2019 Unity Point Methodist Hospital Registered Dietitian Continuing Education July 25 & August 1, 2019
Weight Stigma in Healthcare & Practical Guidelines on How to Teach Weight Neutral Non- Diet Approaches in Lifestyle and Diabetes classes
- Science, Technology, Engineering and Math Career Conference for Girls April 4, 2019
What is a Registered Dietitian & the Startling Facts on Dieting
- Family, Career and Community Leaders of America National Leadership Conference April 2, 2019
What is a Registered Dietitian & the Startling Facts on Dieting
- Grundy County Hospital Continuing Education for Registered Dietitians and Nursing March 1, 2019
Weight Stigma in Healthcare & Practical Guidelines on How to Teach Weight Neutral Non- Diet Approaches in Lifestyle and Diabetes Classes
- 2018 Iowa Nurse Practitioner Society Annual Conference Nov 9, 2018
Weight Stigma in Healthcare & Change Talk
- University of Iowa Hospital Preceptor Training: Nov 2018
Malnutrition and Nutrition Focused Physical Exam
- Unity Point Health St. Luke's Hospital Preceptor Training Nov 2018, Nov 2016
Malnutrition and Nutrition Focused Physical Exam
- VA Central Iowa Health Care Preceptor Training Nov 2018
Malnutrition and Nutrition Focused Physical Exam
- 2017 Des Moines University Physical Therapy Class Oct 10 2017
How Physical Therapists and Registered Dietitians Can Collaborate
- 2016 Unity Point Health St. Luke's Hospital Preceptor Training Nov 2016
Malnutrition and Nutrition Focused Physical Exam
- University of Iowa Hospital Preceptor Training Nov 2016
Malnutrition and Nutrition Focused Physical Exam
- Iowa Academy of Nutrition and Dietetics Annual Conference Ames IA Nov 2016
Malnutrition and Teaching Interns How to Perform Nutrition Focused Physical Exams
- Des Moines University Physical Therapy Class Oct 13 2016
How Physical Therapists and Registered Dietitians Can Collaborate
- Eating Disorder Coalition of IA Annual Conference Feb 26, 2016
How to Start a Student Organization on Body Image Eating Disorder Awareness
- 2015 Iowa Athletic Trainers Ames IA March 2015
Fueling Your Body as an Athlete. How to Help Without Harm
- 2014 Northwest Iowa Nutrition Conference LeMar IA Sept 2014
Nutrition Assessment: Malnutrition and Nutrition Focused Physical Assessment
- 1999 Iowa Dietary Managers Association Conference Ames IA 1999
Elderly Nutrition Assessment and Interventions

- 1999 Iowa Bed and Breakfast Association Ames IA 1999
Health Benefits of Soy
- Iowa Department of Transportation Annual Conference Ames IA/Des Moines IA 1999, 1997, 1996
Intuitive Eating as a Sustainable Way of Eating

OTHER SCHOLARLY ACTIVITIES

- 2014 - Dietetic Internship Site Reviewer
2018 Accreditation Council for Education in Nutrition and Dietetics ACEND

Outreach Activities

- 2019 Vertex Software, LLC Lunch and Learn Presentation July 24, 2019
Balanced Living. Intuitive Eating and Health at Every Size®
- Gilbert High School MOC-Career Class Presentation April 8, 2019
What is a Registered Dietitian & the Startling Facts on Dieting
- 2018 Iowa State University BIEDA Meeting Presentation Sept 2018
Intuitive Eating and Health at Every Size® & Weight Stigma
- Ames High School Mental Health Club Meeting Presentation Feb 5, 2018
Eating Disorder Awareness and Prevention
- Gilbert High School Career Day Presentation
How to Become a Registered Dietitian
- Gilbert Middle School Health Class Guest Lecturer
Healthy Eating and Positive Body Image Development
- 2017 Iowa State University Student Dietetic Association Meeting Presentation Oct 17, 2017
Intuitive Eating & Health at Every Size® Principles
- Iowa State University Peer Health Educators Student Wellness Training Aug 14, 2017
Intuitive Eating/Health at Every Size® Principles
- NDEP House of Delegates collaboration on Advanced Practice Innovative Ideas in Wellness/Prevention
- Gilbert Middle School Health Class Guest Lecturer
Healthy Eating and Positive Body Image Development
- 2016 Iowa State University BIEDA Lunch and Learn for Human Nutritional Sciences Week Sep 29, 2016
Mindful Eating
- Iowa State University Presentation to Kappa Kappa Gamma Mar 21, 2016
Intuitive Eating and Healthy Body Image
- 2015 Gilbert High School Career Day Presentation
How to Become a Registered Dietitian
- 2014 Iowa State University Food Science & Human Nutrition Day Presenter Oct 2014; Feb 2014
Finding Your Passion

- 2014 Iowa State University Presentation to Delta Zeta Oct 2014
Intuitive Eating
- 2013 Gilbert Middle School Health Class Guest Lecturer
Healthy Eating and Positive Body Image Development
- 2012 Gilbert Middle School Health Class Guest Lecturer
Healthy Eating and Positive Body Image Development
- Gilbert High School Culinary Arts Guest Lecturer
Sport's Nutrition
- 2011 Gilbert Middle School Health Class Guest Lecturer
Healthy Eating and Positive Body Image Development
- 2010 Gilbert Middle School Health Class Guest Lecturer
Healthy Eating and Positive Body Image Development
- 2008 Gilbert Middle School Health Class Guest Lecturer
Healthy Eating and Positive Body Image Development
- Extension Activities
- 2017 ISU Extension Program—*The Adventure Comes to You* May 15-19, 2017
Traveled across IA presenting ‘Health is not always in the BM”EYE” of the beholder’

MEDIA INTERVIEWS

Television

- 2017 WHO Channel 13 Interview Feb 27, 2017
Eating Disorder Awareness & Prevention
- WHO Channel 13 Interview Jan 3, 2017
BMI & Weighing in Schools
- 2016 WHO Channel 13 Interview June 2016
Body Image and Photo-altering
- 2015 KCCI Channel 8 Interview June 2015
Nutrition Facts and Myths
- 2014 WHO Channel 13 Interview Nov 2014
Intuitive Eating
- WHO Channel 13 Interview April 2014
Healthy Weight Management Approaches

Radio

- 2017 Conversations with Anne Elizabeth Podcast July 26, 2017
Career Path and Passion as an RD
- 2016 Iowa Public Radio Talk of Iowa June 30 2016
Body Image and the Impact of Altered Images in Advertising

2016 KHOI Radio Nov 11, 2016
Sustaining Health throughout the Holidays—an Intuitive Approach

Print

2019 Iowa Farm Bureau Newsletter Feb 2019
[Give up Diets for Good](#)

2018 Visions: The Wellness Issue Fall 2018
Making Peace with Your Body

HONORS AND AWARDS

National/International

Outstanding Dietetic Educator 2018

Nutrition and Dietetic Educators and Preceptors (West Central Region).

Recognition for teaching, mentoring, and leadership activities. One award per region given annually among over 200 educators.

State/Community

Medallion Award 2019

Iowa Academy of Nutrition and Dietetics

Recognition for exceptional leadership and outstanding contributions to the field of dietetics. One award annually among 800 Registered Dietitians.

MEMBERSHIP IN PROFESSIONAL AND HONOR SOCIETIES:

2014 - Present Eating Disorder Coalition of IA (EDCI)
2013 - Present Nutrition and Dietetic Educators and Preceptors (NDEP)
1995 - Present Academy of Nutrition and Dietetics (Registered Dietitian) #832842
1995 - Present Iowa Academy of Nutrition and Dietetics (IAND) (Licensed Dietitian) #001199
1993 - 1998 Undergraduate and Graduate Kappa Omicron Nu Honor Society
1993 - 1995 Undergraduate and Graduate Golden Key National Honor Society

OFFICES HELD AND COMMITTEE MEMBERSHIPS

1995 – Present Academy of Nutrition and Dietetics (Registered Dietitian) #832842
Practice groups: Iowa Consulting Dietitian
Sports Cardiovascular and Wellness Nutrition
Vegetarian Nutrition
Dietetics in Health Care Communities
Nutrition Entrepreneurs
School Nutrition Services
Medical Nutrition Practice Group
Nutrition Education for the Public

1995- Present Iowa Academy of Nutrition and Dietetics IAND (Licensed Dietitian) #001199
Offices:

2021-2022 President
2020-2021 President Elect
2019 Co-chair of Catering for Annual Meeting

2018 – 2020	Liaison for Allied Healthcare Professionals
2017 – 2020	Chair of Establishing Relationships with Healthcare Professionals Taskforce
2016	Council on Professional Issues Chair
2015	Council on Professional Issues Chair Elect
2015 – Present	Media Spokesperson

UNIVERSITY, COLLEGE, DEPARTMENTAL, AND PUBLIC SERVICE:

University Service

May 2019 – Aug 2021 Iowa State University Faculty Senator

Standing and Ad Hoc Committees

May 2019 – Aug 2021 Iowa State University Faculty Senate Appeals Committee

College Service

Standing and Ad Hoc Committees

2015 - Present Nutrition Initiatives

Departmental Service

Standing and Ad Hoc Committees

2019	Food Science and Human Nutrition Equity Diversity Inclusion Taskforce
2017 - 2018	Food Science and Human Nutrition Awards Committee
2013 - 2016	Food Science and Human Nutrition Current Issues in Nutrition

Public Service

1997 - Present	Omicron Psi Service Sorority Treasurer, Vice President, Fundraising Chair, Social Chair, Service Chair
Jan 24, 2017	Facilitated a screening and discussion of <i>The Student Body</i> documentary in Des Moines IA to spread awareness of the harm of weighing children in school
2006 - 2011	Girl Scout Leader
2007	Silent Auction Chair for St. Cecilia Gala
2006 - 2007	Team Nutrition Coordinator for St. Cecilia School
2003 – 2004	Children’s Liturgical Leader
2003	St. Cecilia School Expansion Committee Representative
1997 – 1999	Family Life Committee Representative
1998 – 2000	Religious Education Instructor/Committee Chairperson
1998	Confirmation Team Leader
1997-1998	Pre-marriage Sponsor