

# FSHN News

The newsletter of the Department of Food Science and Human Nutrition

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## HAPPY HOLIDAYS FROM FS HN

Warm holiday greetings to you from the Department of Food Science and Human Nutrition! As 2008 draws to a close, I would like to take the opportunity to reflect on the many successes of the year and to thank all of our faculty, staff, students and supporters for their contributions.

Eight new faculty and lecturers were hired to help strengthen our programs. In January, Matt Rowling joined the faculty; Buddhi Lamsal, James Hollis and Rose Martin started in August; Erin Bergquist and Elizabeth Dahlstrom Burnley joined us in September; Lorraine Lanningham-Foster came in November; Christina Campbell will arrive in January 2009. In addition, four new staff members were hired to support our growing department.

This was another strong year for our programs. Undergraduate enrollment increased by 31 students from last fall to 389 students. The new BS in Culinary Science was approved by the Iowa Board of Regents over the summer and already has over 20 students enrolled in the program. The students created a new Culinary Science Club.

Our Dietetic Internship and Didactic Program in Dietetics came through review with flying colors and were granted continued accreditation from the commission on Accreditation of Dietetics Education. We have been approved to increase our internships to 60 interns – this makes ISU number one among internship programs.

Our graduate programs also saw strong enrollment, particularly the Interdepartmental Graduate Program in Nutritional Science. We

have joined the Great Plains IDEA program to offer a MS in Dietetics and a certificate in Food Safety & Defense. Thanks to generous support from alumni, we remodeled two graduate offices for our students. Many students attended meetings through the year and presented posters, several winning awards for their efforts.



Undergraduate Maggie McManemin was a recipient of the prestigious 2008 Wallace E. Barron award. Faculty were also recipients of some prestigious awards. Lester Wilson was named a Fellow of the Institute of Food Technologists and Larry Johnson received the Richard A Baldwin Award for Distinguished Service from the American Oil Chemists Society.

Our seminar series brought top notch researchers to campus through the year including Dr. Dorothy Teegarden, Purdue University; Dr. Richard Hurrell, Swiss Federal Institute of Technology; Dr. Lynn Bailey, University of Florida. And Dr. Richard Hall visited as part of the festivities surrounding World Food Prize Week.

With so many successes in 2008, we can't wait to see what 2009 holds for us. Thank you for helping make this year special. Happy Holidays.

Sincerely,  
Ruth MacDonald  
Department Chair

- The Dietetic Internship is expanding the size of the program in order to accept more interns into the program. The Commission on Dietetics Education has granted approval to Iowa State University to increase the total annual number of dietetic interns to 60 interns using incremental increases of not more than 8 interns per year until the total of 60 is reached. Implementation will begin January 1, 2009. The ISU Dietetic Internship continues to experience record numbers of applicants for the internship and this increase in numbers will enable the program to continue to fill the need for supervised practice to qualify to take the national exam for Registered Dietitian.
- Center for Crops Utilization Research and FSHN professor Larry Johnson helped share the vision of the New Century Farm to the Plant Sciences Institute.
- Clinician Sally Barclay encouraged all ISU employees to stay active and eat healthy this holiday season in an October edition of Inside Iowa State. Barclay and others from The Wellness Works committee gave tips to help get through the holiday season and shared opportunities on campus to get healthy.
- Research associate Erica Fuchs was part of a panel who shared how going vegan could save the world. A story about the panel was part of an October issue of the Iowa State Daily.
- Moderation was recommended by clinician Sally Barclay to the Iowa State Daily during this holiday season. She stressed having a plan in mind and to focus more on the relationships than food and the empty calories of alcoholic beverages.
- Dr. Diane Birt, director of the Center for Research on Botanical Dietary Supplements wrote an article with colleague Mark Widrlechner about the work done at the center and gave some tips to consumers selecting supplements. The article appeared in the Fall 2008 edition of STORIES.
- Dr. Wendy White and colleagues shared their work on how high beta-carotene corn could reduce malnutrition in Africa in STORIES, the newsletter for friends and alumni of the College of Agriculture and Life Sciences.
- Soy isoflavones may offer health benefits Dr. Pat Murphy told STORIES in the Fall 2008 edition.
- Drs. Ruth Litchfield, Sam Beattie, Pat Murphy and Ruth MacDonald answered questions in the “Impact: Human Health” section of STORIES.
- The Fall 2008 edition reported that FSHN professor Dr. Toni Wang is working with Barb Walton, professor of art and design, to modify soy wax for use in hot wax painting. The work is funded by a grant from the Center for Excellence in the Arts and Humanities at Iowa State.

### *Did you know?*

The Animal Crackers box was designed with a string handle so the treats, introduced in 1902 as a Christmas novelty, would be hung from the Christmas tree.

## FSHN News

The newsletter of the Department of Food Science and Human Nutrition at Iowa State University.

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# Welcome Lanningham-Foster

"I was drawn to Iowa State due to the strength of both research and academics," said newest faculty member Lorraine Lanningham-Foster of her Assistant Professor appointment in Nutrition.

Lanningham-Foster, who joins the FSHN faculty from Mayo Clinic, was excited about the prospect of teaching and mentoring students. Also, she was attracted to the Nutrition and Wellness Research Center. "Having a center like the NWRC is a huge advantage to working with community members for research studies," she said.

Always a fan of cooking, almost going to a culinary school instead of college, Lanningham-Foster decided to give dietetics a try after hearing a recruitment talk from the University of North Carolina – Greensboro and became hooked on nutrition. Since that recruitment talk, Lanningham-Foster has had the opportunity to do a variety of different types of nutrition-related research, including lipoprotein and zinc metabolism.

Her love of clinical research was fostered through her training at Mayo Clinic in Rochester, Minnesota. At Mayo, Lanningham-Foster became "immersed in clinical research and learned many aspects of the process." Her responsibilities included "running large studies related to diet and exercise."

Lanningham-Foster's research is in energy balance and obesity, particularly

in children. "I think that if I can learn ways to help overweight children to be healthier, then they can become healthier adults," she said of her work which has focused on physical activity or "energy out." She said being back in a Food Science and Human Nutrition department will allow her to turn attention to "the other side of the energy balance equation: 'energy in.'"

Though she is excited to be at ISU, Mayo Clinic will always be a special place for her. "My husband and I moved to Rochester with three cats and now we are leaving with two children," she said.

Lanningham-Foster comes to ISU with her husband, Randy, and two children, Amelie (3) and Evan (2).



# Faculty/Staff Update

## Achievements, Awards, and Appointments

Both the Dietetic Internship and the Didactic Program in Dietetics were granted continued accreditation from the Commission on Accreditation of Dietetics Education (CADE). Both programs will submit a 5-year report in 2013 to show implementation and assessment of the newly updated learning outcomes (announced by CADE in March 2008), and then the next self-study and site visit for continued accreditation will be scheduled for 2018. The 10 year review took place on campus in April of 2008 and included numerous campus interviews of students, and faculty and notification of the continued accreditation was received in November of 2008. **Anne Oldham** MS RD LD directs the Didactic Program in Dietetics and **Jean Anderson** MS RD LD directs the Dietetic Internship.

**Dr. Cheryl Reitmeier** was on a task force charged with nominating qualified candidates for the position of associate dean of the College of Human Sciences.

The Iowa Botanical Research Center awarded 1 year of grant funding to 2 pilot research projects. These include Gregory Phillips, Ph.D., Department of Veterinary Microbiology and Preventive Medicine titled "Identification and enhancement of antibacterial metabolites from Echinacea, Hypericum and Prunella vulgaris using new in vivo and in vitro screening systems"; and Steven Varga, Ph.D., Department of Microbiology, University of Iowa titled "Examining the role of extracts derived from Prunella vulgaris in the inhibition of respiratory syncytial virus".

## Meetings, Participants, Presentations, and Visits

**Jean Anderson** MS RD LD, **Laurie Kruzich** MS RD LD, **Anne Oldham** MS RD LD, **Sally Barclay** MS RD LD and **Janet Johnson** MS RD LD attended the Food and Nutrition Conference and Exhibit in Chicago Oct 25-28th 2008. Laurie attended a workshop on Nutrition and the 21st Century: Next Steps for Incorporating Nutrition into the Electronic Medical Records. Jean Anderson attended a workshop on Building Your Communication Skills through Media Training. Jean Anderson and Janet Johnson staffed the ISU dietetic internship student recruitment booth for students to learn about dietetic internship opportunities. Jean Anderson coordinated the member showcase for the Dietetic Educators practice group.

**Dr. Diane Birt** traveled to Urbana, IL as part of the University of Illinois Department of Food Science and Human Nutrition External Advisory Committee in October. The committee meets

annually to review programs, initiatives, and projects in the department. This year's meeting focused on increasing student diversity and preparing for anticipated financial challenges in higher education.

Throughout 2008, **Jean Anderson** MS RD LD has presented information to the American Dietetic Association practice group, Dietetic Educators of Practitioners (DEP), on the Standards of Professional Performance for Registered Dietitians in the Education of Dietetic Practitioners. Jean attended regional meetings in Asilomar CA, Minneapolis, MN and Albany NY to present this information to other dietetic educators. As immediate past chair of the DEP practice group, Jean participated in the strategic planning meeting for the practice group in May 2008 in Michigan.

Dietetic Internship preceptors continue to participate in workshops offered by the Dietetic Internship faculty in 2008. Preceptors receive up to 3 hours of continuing education on the Application of the Nutrition Care Process in Dietetic Practice. **Jean Anderson** presented this workshop to preceptors at Jefferson Regional Medical Center in Pine Bluff, AR; Banner HealthCare in Phoenix, AZ; Women's and Children's Hospital in Lafayette, LA and Sparks Medical Center in Ft. Smith, AR. **Laurie Kruzich** presented this workshop at Spencer Hospital in Spencer, IA and **Janet Johnson** presented the workshop at Trinity Regional Hospital in Ft. Dodge, IA and Mercy Medical Center in Dubuque IA and Mercy Medical Center and St Luke's Hospital in Cedar Rapids, IA.

**Dr. Larry Johnson** was highlighted in the new hour-long "How Stuff Works" on the Discovery Network. Corn and the efforts of Iowa State to improve it were featured on the November 14 segment.

**Dr. Diane Birt** was contacted to answer questions for Joe Gardyasz, a reporter with the Des Moines Business Record, about the NWRC. Gardyasz is working on stories about how Iowa State University is helping the state develop IT, biosciences and advanced manufacturing industries.

A television crew from the History Channel was on campus to shoot segments with **Dr. Kevin Schalinske** for a documentary on eggs. The piece is planned to air on the History Channel's "Modern Marvels" program.

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Through the fall semester, several notable speakers came to campus as part of the Modern Views in Nutrition seminar series. Speakers included: Dr. Elizabeth Parks, UT Southwestern Medical Center; Dr. Jo Ellen Welsh, SUNY; Dr. Shor San Heng Khoo, Campbell Soup Company; Patricia Hughes, Archer Midland Daniels; Dr. Lee Beverly, University of Illinois; Dr. Rick Barb, USDA-ARS; Dr. Joel Elmquist, UT Southwestern Medical Center.

### New Grants

To **Wendy White**, FSHN, Novel HPLC-ECD Method for Quantifying Lipophilic Bioactives in Salads in Postprandial Triacylglycerol-Rich Lipoproteins from Unilever Research and Development, \$91,611.

To **Michael Spurlock**, FSHN, and Diane Spurlock, An Sci, Fatty Acids and Inflammation in the Adipose Tissue of a Porcine Obesity Model from the USDA CSREES, \$498,607.

## Student Update

**Hongxin Jiang** has received the AACC-Corn Refiners Association Outstanding Poster Award and a check of \$500. The poster, titled “Crystalline structure of enzyme-resistant maize ae-mutant starch” was presented at the annual meeting of the America Association of Cereal Chemists. Authors of the poster are Hongxin Jiang, Mark Campbell, and Jay-Lin Jane.

Food Science senior **Jenifer Tharani** has been chosen as the College of Agriculture and Life Sciences Student Marshal at the December 20 Commencement. She will be accompanied by **Dr. Lester Wilson**.

**Elizabeth Starrett** (food science) and **Erin Thole** (dietetics) are two of the 32 honors students who showed off their work at the ISU Honors Poster Presentation on December 4, 2008. Starrett’s poster is titled “The Food Industry’s Response to New FDA Regulations Regarding Trans Fatty Acids.” “Service Learning Programs for Cancer Survivors” is the title of Thole’s poster.

Cross Country runner and pre-diet and exercise major **Rachel Bell** shared her summer experiences in the October 2008 issue of “Eye on Cy.” The write-up states that Bell has applied to the new BS/MS program in diet and exercise.

## Alumni Update

**David Rickert (MS 1996, PhD 2003)** is a member of the newly formed Applied Research and Engineering group within The Food Processing Center at University of Nebraska – Lincoln, where he holds a position as Research Assistant Professor – Product Development. Rickert is working with department communications staff to share his success story to the National Needs Graduate Fellowship program. At UNL, Rickert has had many successes as course instructor, mentor, and workshop coordinator; however he hopes the best is yet to come.

Know a graduate who should be featured in FSHN News? Send your ideas and suggestions to [fshnnews@iastate.edu](mailto:fshnnews@iastate.edu).

## Upcoming Events

College of Human Sciences Convocation	December 19, 2008
Graduate College University Commencement	December 19, 2008
College of Agriculture and Life Sciences Convocation	December 20, 2008
Undergraduate University Commencement	December 20, 2008
Faculty Retreat	January 9, 2008
Classes Resume	January 12, 2009

## NEWS NOTES

- **Homer Walker**, former professor in Food Technology, passed away October 30 in Ames, IA. Services were held Monday, November 3.
- Welcome to **Lisa Dillavou**. She takes Nancy Holcomb's place as Administrative Specialist. Dillavou comes to FSHN from the College of Engineering and before that, the College of Education. She lives in Boone with her husband.
- Congratulations to the 23 Food Science and Human Nutrition students who will graduate December 19.

### *Did you know?*

The pilgrims imbibed eggnog at Jamestown, Virginia in 1607? In England, the word "nog" means a type of "strong ale," and originally, the English created the thick and creamy egg concoction with ale and served it warm.