

# FSHN News

The newsletter of the Department of Food Science and Human Nutrition

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## RESULTS FROM IFT ARE IN!

After two intense days of competition in Anaheim, California at the Institute of Food Technologists (IFT) annual meeting, the Food Science & Human Nutrition **Product Development Team** from Iowa State University earned second place.

In Anaheim, the seven-member team from ISU gave a 10-minute oral presentation to the public and answered questions from judges at the presentation and in a poster session. The fruit-soy beverage created by the team was also put through a sensory test. The final judging piece was a final report, which included



the complete formulation and production, marketing plan, and statistics on the beverage.

The team met the flavor, low cost and low calorie objectives set forth at the beginning of the project. Several surveys were administered to determine what type of product was needed in the market and to define “refreshing” which gave background justification for the judges.

On the advice of two competition judges, the team intends to try and apply for a patent this summer. Additionally, two companies expressed interest in producing the beverage product created at ISU while the team was in California.



The Product Development team was not the only FSHN team from ISU to see success in Anaheim. The **College Bowl Team** also placed second, missing only one question in the final rounds, which were open to the public, in a nail-biter.

The team remained undefeated in preliminary rounds and secured a spot in the finals by answering a bonus question correctly, sending the ISU cheering section into a frenzy. In a most exciting match, the final round went to triple over-time sudden death.

Both teams were bested by North Carolina State University.

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## RESULTS FROM IFT ARE IN!

This is the first time both the College Bowl and Product Development teams have competed at nationals in the same year. It is the highest finish in recent memory for the Product Development team, whose last visit to nationals was in 2007, and tied the highest finish for College Bowl.

Members of the Product Development team are: Zara Nazareth, Yanjun Liu, Devin Dutilly, Candace Ilg, Janelle Brewer, Tony Haun, and Charlwit Kulchaiyawat. The group, advised by Dr. Mark Love,

was selected to be one of six finalists to compete in Anaheim back in March.

College Bowl team members are: Jose Gerde, Stephanie Volk, Charlwit Kulchaiyawat, David Manu, Molly Mayer, Marne Parriott, Tim Anderson and Emily Griep. They are coached by Drs. Patricia Murphy and Mark Love. The ISU team won the right to be one of six teams at the national competition by winning Regional Competition in Wisconsin at the beginning of April.

## FSHN STUDENTS TAKE THE PRIZE IN FIRST-EVER CYRON CHEF CONTEST

FSHN students proved they know about food in the first every CYron Chef contest on the ISU campus at the end of April, sponsored by Intra-Residence Hall Association. Two of the top three teams were FSHN students.

The contest was based on the Food Network show, Iron Chef, where contestants are given certain ingredients and they are asked to make a masterpiece.

Winning the new ISU version of the competition

was “Team 3.14,” made up of Lauren Ingebrand (Culinary Science) and Amy Williamson (Food Science).

Coming in third place were the “Food Science Rookies,” Kelsey Gent, Taylor Luckew, Victoria Millen, all freshman Food Science majors.

Serving as one of the judges was Culinary Science Coordinator Erica Beirman who commented she was “very impressed with the entries.”



Working on a dish



All the competitors

## FSHN News

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

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Send news, photos, ideas, and suggestions to [fshnnews@iastate.edu](mailto:fshnnews@iastate.edu).

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- **Dr. Sam Beattie** was the key note speaker at the Pottawattamie county Local Food Council field day, where the focus was on post harvest food safety. The day was meant for people currently producing food and people who are interested in becoming a local food producer.
- **Sally Barclay**, RD, was interviewed by Iowa Farm Bureau about the health impacts of high fructose corn syrup.
- **Dr. Larry Johnson**, FSHN professor and director of the Center for Crops Utilization Research and the BioCentury Research Farm was instrumental as a program organizer for the first Intensive Program in Biorenewables. Forty six students from around the country and world came to ISU for the two-week program to learn about some of ISU's expertise in biorenewable research and technology.
- **Dr. Pam White's** efforts to improve the nutritional content of corn were featured in a KCCI News Channel 8 clip in May.
- **Dr. Sam Beattie** concurred with the need for more regulations on food processing facilities in a Des Moines Register article. Currently, federal legislation to allow the FDA new powers to review plant records and order recalls of tainted products is coming out of a U.S. House committee and the Senate is expected to act on similar legislation at a later time.
- Associate Professor in Food Science & Human Nutrition **Dr. Ruth Litchfield** shared her involvement in two studies "investigating the impact of 'competitive foods' – so named because their increasing prevalence allows them to compete with more nutritious school lunches for students' dining dollars" with Inside Human Sciences. In one study, Litchfield and team are determining the pervasiveness of nutritional content of competitive food. Also, she is heading an effort to investigate the perception and knowledge of foods in students and then determine whether the environment on a lunchroom may affect them.
- **Drs. Suzanne Hendrich and Zhong Ye** are part of a research team who have found that "increased expression of a form of cytochrome P-450 (CYP4B1) is a key marker of inhibition of colitis in mice by caffeic acid, an anti-inflammatory antioxidant compound widely distributed in foods" says an article from EurekAlert. The full results of the study can be found in the June 2009 issue of Experimental Biology and Medicine.
- A team of researchers have been working under the **Center for Crops Utilization Research** umbrella to develop a software program that can help determine the economic viability of a proposed biobased plastics product. The team will be exhibiting at the NPE2009 International Plastics Exposition where they will have samples of plastics, composites, adhesives and coatings they have made from vegetable oils and proteins, plus flower pots and golf tees created from some of the materials they have developed, in addition to the software program.

### *Did you know?*

Olive oil is technically a fruit juice rather than an oil. The olives are pressed to release their juices just like an orange or a lemon be pressed.

# Faculty/Staff Update

## Achievements, Awards, and Appointments

**Drs. Mike Spurlock and Ruth MacDonald** were named to the committee tasked to search for the director of the Nutrition and Wellness Research Center.

**Dr. Toni Wang** and master's student **Guang Wang** earned Honorable Mention from the American Oil Chemists' Society Phospholipid Division's Best Paper.

Congratulations to **Dr. Manju Reddy** on being awarded the College of Human Sciences award for International Achievement.

After 35 years, **Dr. Mark Love** has retired from the Food Science and Human Nutrition Department. He will be missed and we wish him the best!

## Meetings, Participants, Presentations, and Visits

**Eunice Bassler and Ruth Litchfield** attended the Wakonse Conference in June to explore innovative teaching.

**Dr. Toni Wang** and her lab group gave several presentations at the 100th American Oil Chemists Society annual meeting in Orlando. Students who presented include **Sandra Majoni, Guang Wang, Haixia Liu, David Dolde, Linxing Yao and Hui Wang.**

**Dr. Wendy White** gave two invited presentations at the Micronutrient Forum meeting in Beijing, China, May 12-15, 2009. The first was titled "Testing Bioavailability in Biofortified Crops" and the second "The Vitamin A Contribution of High Beta-carotene Maize Ingested by Women as Measured with Electrochemical Detection."

Several FSHN faculty and students, including **Drs. Jay-lin Jane and Buddhi Lamsal** visited POET, the world's leading producer of ethanol, in South Dakota.

# Student Update

Masters student **Stephanie Volk** won third place in the Nonthermal Processing Division Competition at the national Institute of Food Technologists meeting for her work titled "Effect of high-pressure processing on the composition and quality of soymilk and tofu."

**Yanjun Liu**, master's student, was awarded second place in the 2009 IFT Food Chemistry Division Student Poster Competition for her poster titled "Impact of fine structure and molecular weight of water-soluble beta-glucans on pasting properties on oat flours."

Dietetics student **Stephanie Danforth** agreed with goals outlined by the chairman of Healthy Polk 2020 in a May Des Moines Register article. The goals are part of a 10-year plan to improve residents' health.

The **Product Development Course** (FSHN 412) was the front page article in the April STEM Education newsletter. The article highlights the creative component of the course as well as stresses science concepts.

**Melanie Snyder**, double major in Food Science and Culinary Science, graced the front cover of the special section in the Des Moines Sunday Register, Planning your future. The section introduced seven new programs at Iowa colleges including Culinary Science. Both Snyder and Culinary Science coordinator Erica Beirman shared details of the program.

Congratulations to **Yanjun Liu** on receiving the AACC International Foundation's fellowship. Liu will receive \$2,000 for the 2009-2010 year contributed by Kellogg Co. R & D Graduate Fellowship.

**Eric Nonnecke**, MS/Nutritional Sciences, was one of the winners for the Vitamins & Minerals RIS poster competition and was elected student representative for the Research Interest Sections of the American Society for Nutrition for 2010.



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

**Save the Date**

**July 30-31\*, 2009**

*For the Annual Iowa State University*  
**'Enhance Your Iowa Plate' Conference**

**Create quick nutritious meals using secrets from the chefs in a 2-day workshop**

- **Practice** tricks of the trade from ISU Dining Chefs
- **Learn** about the newest trends in health and food
- **Visit** the West Des Moines Farmers Market

Visit <http://www.fshn.hs.iastate.edu/plate> for full details

\* Attend a pre conference event July 29 highlighting Iowa wines and spirits

Don't miss a great opportunity and register now for:

Pasta Pasta (July 20-24, 9 am – noon, 210 MacKay Hall)

Beatriz Spalding

- Participants will be exposed to various aspects of pasta, including its history, culinary uses in different cultures, as well as various methods of preparation, both in traditional and less-known ways, using vegetables, meat and creams. The consumption of the prepared dishes will allow students to learn about new flavors and ingredient combinations and provide them with an appreciation for such a popular and economical raw material.
- The cultural aspects of each pasta dish will be explained and will enrich the preparation experiences. Students will gain knowledge and a new perspective of nutritious, simple and versatile pasta.
- Although the Italian tradition of pasta cookery will be emphasized, other pasta products, such as German spaetzle, Asian noodles and Moroccan couscous, will be prepared.

Class will be a combination of scientific instruction, demonstration, and hands-on participation. No Pre-requisites. ISU students, register for FS HN 493X, one credit. General public cost is \$250 plus CEPD service fees. See [www.cepd.iastate.edu](http://www.cepd.iastate.edu)

## Upcoming Events

University Holiday	July 3, 2009
Pasta Pasta Workshop	July 20-24, 2009
Enhance YOUR Iowa Plate Workshop	July 30-31, 2009
Fall Semester Begins	August 24, 2009

## Alumni Update

**Dr. Susan Carlson** (PhD, '75 in nutrition) was awarded the College of Human Sciences Helen LeBaron Hilton Alumni Award. She was nominated by Dr. D. Lee Alekel, professor in Food Science and Human Nutrition.

ISU Alum **Laura Briggs** (BS, Consumer Food Science, '08) was one of several excellent submissions in the 2008 Danisco Knowledge Award competition. Briggs product, Helpful Hints, is a novel cookie that comes prepared and is designed to attract the average consumer. The product is two chocolate-ginger cookies that sandwich a white chocolate filling. Each year Danisco sponsors this opportunity to use knowledge gained in classes, be innovative and come up with a new and creative food or beverage concept. Entrants, who must use a Danisco product as part of the formulation, must be a junior, senior or graduate student to enter. The grand prize is \$10,000. Though many ideas are submitted to Danisco as a team, Briggs submitted Helpful Hints on her own and was among those selected for the 2008 Product Review Booklet. Briggs currently works for Newly Wed Foods in Chicago.

### NEWS NOTES

**Dr. Sarah Francis** will be joining the FSHN faculty at ISU in August. She joins us from the University of Wyoming at Rawlins and will develop, implement and oversee nutrition programs for adults. Welcome Dr. Francis!

**Dr. Stephanie Clark** is also joining the faculty as an Associate Professor in August from Washington State University. Clark brings expertise in dairy foods and will be taking on leadership in the Midwest Dairy Foods Research Center. She will be a great asset to the department. Welcome!



#### *From the Desk of Ruth MacDonald*

As an attempt to foster collaboration and networking amongst our alumni, industry partners, faculty, staff and students, I have created a Group on LinkedIn ([www.linkedin.com](http://www.linkedin.com)). The group is called Iowa Food Science and Industry. You are welcome to join this group – first you will need to join LinkedIn if you aren't already. My hope is that you will also invite others with connections to our department or the food industry to also join.

#### *Did you know?*

The banana split was invented in 1904 by 23-year-old David Evans Strickler, an employee at the Tassel Pharmacy soda fountain in Latrobe, Pennsylvania.