



## News from Intercollegiate Faculty of Nutrition



Dear IFN Faculty, Students and Friends: We are now well into the Fall semester and I am pleased to inform you that our academic program is thriving. As usual, the seminar series (coordinated by Dr. Guoyao Wu) is endowed with an impressive number of renowned speakers. If you have not found

the time to attend, I strongly encourage you to do so. Seminars are scheduled every Tuesday at 4 p.m. in room 108 Biochemistry. Also, I want to take this opportunity to remind you about the 31st Annual Human Nutrition Conference. The conference will focus on Type 2 Diabetes and will be held on February 6, 2004. Please consult our website or contact Ms. Joy McKenzie for details related to the IFN seminar series or the conference. See you all there!

### New Members

The IFN would like to welcome the following new students to the program.

- Brenda Bustillos, M.S./R.D. Joseph Sharkey; Southwest Texas State University
- Amy S. Claflin, M.S./R.D.; Debra Reed; Oklahoma State University
- Satya Kolar, Ph.D.; Robert S. Chapkin Kempe Gowda Medical University, India; University of Kentucky
- John Mann, M.S./R.D.; Joanne Lupton Texas A&M University
- Wenjuan Shi, Ph.D.; Guoyao Wu University of Science and Technology, China; Virginia Tech University
- Dean Xu, M.S.; Alex McIntosh Texas A&M University

### August 2003 graduates

Congratulations to our August 2003 graduates: Ph.D. Shawn Archibeque and Limin Wang M.S. Valerie Henderson, Ripla Kohli and Jody Peach

### Faculty Updates

**Dr. Robert S. Chapkin, Chair, Intercollegiate Faculty,** completed his term on the National Institutes of Health Metabolic Pathology Study Section. He will continue to serve on the Chemo/Dietary Prevention Study Section. This panel of scientists reviews grant applications that address nutrition, dietary and chemopreventive factors and their use in intervention for modulation of cancer risk, and inhibition of cancer progression. Grant applications also deal with basic mechanistic studies, preclinical and clinical (phase-1 and phase-2) studies as well as discovery, evaluation, and validation of biomarkers.

**Dr. E. D. Harris, Professor of Biochemistry and Biophysics and Nutrition,** has accepted a position as a member of the Food Advisory Committee of FDA that is addressing the issue of dietary supplements. This is a four-year appointment. The Food Advisory Committee meets twice each year and advises FDA on topics of national importance with regard to diet and health. Prior to becoming a committee member, Dr. Harris has appeared as an expert witness before a panel seeking a scientific definition of the word "metabolite".

**Dr. Joanne R. Lupton** received the FDA Commissioner's Special Citation for her "outstanding efforts... to help develop the framework to provide consumers with access to more truthful, non-misleading, and readily understandable information about the health impact of the food they eat." Dr. Lupton was awarded a medal, citation and plaque at a ceremony at the Food and Drug Administration in Washington, DC where she is doing a one year sabbatical.

**Dr. Joseph R. Sharkey** was selected as a Fellow for the 2003 NIH Summer Institute on Randomized Clinical Trials Involving Behavioral Interventions. He also participated as a member of the faculty for the Nutrition and Aging XVIII (Obesity and Older Adults) Course in September in Little Rock, Arkansas. His presentation was titled "Nutrition Risk Assessment of Homebound Older Persons".

In the November issue of Journal of Nutrition, Dr. Sharkey's article, "Risk and Presence of Food Insufficiency Are Associated with Low Nutrient Intakes and Multi-Morbidity among Homebound Older Women Who Receive Home-Delivered Meals," is featured.

**Dr. Robert Chapkin,**  
Intercollegiate Faculty of Nutrition, Chair



## Making Steps Toward a Healthier Lifestyle



Dr. Lupton, William W. Allen Endowed Chair in Nutrition, has been designated by HHS Secretary Tommy G. Thompson and Agriculture Secretary Ann M. Veneman as one of 13 professionals to serve on the Dietary Guidelines Advisory Committee, the group responsible for reviewing the Dietary Guidelines for Americans

report, published every five years. A broad-based nutrition policy guide, the Guidelines utilize the latest scientific and medical knowledge to advise the general public on ways to improve overall health through proper nutrition. The Committee review and update the most recent scientific literature in preparation for the release of the 2005 version of Dietary Guidelines for Americans. Selected for their scientific expertise related to dietary intake and health, the designees will advise HHS and USDA on any nutritional and dietary revisions necessary to the guidelines before they are republished. They are also responsible for ensuring that the science behind the Guidelines is translated for the public in a user-friendly, easily understandable format. In order to prepare the Guidelines, the designees will examine the new Dietary Reference Intakes by the Institute of Medicine; the World Health Organization report on Diet, Nutrition and the Prevention of Chronic Diseases; and other recent scientific research.

“The Dietary Guidelines for Americans is the cornerstone of nationwide nutritional and dietary programs and policies, and will become increasingly significant as we continue to wage battles against obesity, diabetes, cardiovascular disease and other chronic illnesses,” said Secretary Thompson.

“The Bush administration is working hard to build awareness of healthy living to include lifelong preventive measures, particularly eating nutritionally balanced meals and getting regular physical activity.” Secretary Veneman added that “This committee will consider the latest science as they develop a report that will offer Americans information that is critical to their health and welfare. Our goal is to provide clear information for consumers through the Dietary Guidelines for Americans. This Administration has committed itself to ensuring that Americans receive the messages for a

healthy lifestyle through the President’s Healthier US initiative, which promotes physical activity, eating a nutritious diet, getting preventive screenings and making healthy choices. The Dietary Guidelines for Americans are a useful tool for the American people to achieve these goals.”

The government has been committed to providing sound nutrition guidance for Americans for over 100 years. First published in 1980, the Guidelines are reviewed, updated and released by HHS and USDA every five years, and contain nutritional and dietary information and guidance for the general public.

The information is based on the latest scientific and medical knowledge available, and currently comprises 10 guidelines that individuals should aim for to improve overall health.

**Dr. Robert Chapkin**  
Intercollegiate Faculty of Nutrition, Chair

### 10 Guidelines to Improve Your Health

1. Aim for a healthy weight
2. Be physically active each day
3. Let the Pyramid guide your food choices.
4. Choose a variety of grains daily, especially whole grains.
5. Choose a variety of fruits and vegetables daily.
6. Keep food safe to eat.
7. Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
8. Choose beverages and foods to moderate your intake of sugars.
9. Choose and prepare foods with less salt.
10. If you drink alcoholic beverages, do so in moderation.