



# UC DAVIS

# NUTRITION

Department Newsletter | Fall 2003

## Message From The Chair

The UC budget from the State for this coming academic year has been slashed by \$410 million. Some of this is being made up by increases in fees to undergraduates totaling \$1,150 per student for the academic year. Given the increases in fees, it is no surprise that many undergraduates are struggling to balance academics with earning more money to stay in school. For some, this means delaying graduation or even dropping out of school.

We are establishing an endowment to fund undergraduate awards. We plan to award two a year, one to a senior majoring in clinical nutrition (formerly known as dietetics) and one to a senior majoring in nutritional sciences. Preference

will be given to students involved in research. After consultation with students, staff and faculty, we are naming the award the **Prophet-Zeman Undergraduate Award in Nutrition**, for two people that spent their career working for UCD nutrition undergraduates. Professor Emeritus Frances Zeman retired in 1991. She was the major advisor for dietetics for 17 years and was a pioneer in the area of nutrition and fetal development. She is co-author of the textbook "Applications in Medical Nutrition Therapy, 2nd Edition". The late Joanne Prophet taught food service management for 22 years to thousands of dietetic majors (see article on Mrs. Prophet on page 5).



Carl L. Keen  
cikeen@ucdavis.edu

We gave the first award last year to **Jorge Aguilar (class of 2003)**. We hope that alumni and faculty will give donations. If you would like to donate to this endowment, please send your donations to: Prophet-Zeman Fund, Department of Nutrition, 1 Shields Avenue, University of California, Davis, CA 95616.

Thank you—Carl L. Keen

## Q & A: Dr. Marilyn Townsend

by Cortney Chow, Class of 2003

Dr. Marilyn Townsend is a Cooperative Extension Specialist in the Department of Nutrition. Dr. Townsend's personal desire and interest in taking care of her family served as stimuli to her successful career. It was not until her first pregnancy that she became interested in nutrition, as a consumer. Feeding her family well and a passion



Dr. Marilyn Townsend  
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for food sparked her interest in the field of nutrition. She earned her master's degree in Nutrition Science, University of London, Kings College; and Ph.D. in Nutrition at Penn State. Her research looks at "food insecurity" or having limited or uncertain availability to food as it relates to overweight in women.

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## From the Editor

*The current issue features interviews with faculty and alumni at UC Davis, and articles about food in Davis. Write and let us know about articles you would like to see in future issues. We will also publish letters to the editor.*



Dr. Judith Stern, Editor  
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## Dr. Townsend

*(continued from Page 1)*

“In the early 1990’s, I would go to soup kitchens, food banks, and homeless shelters to conduct hunger surveys. It became clear to me that many of these people were obese. The current view was if someone was food insecure, they would be thin and underweight. That was not what I observed,” said Townsend. In fact, Dr. Townsend was the first to show that there was a relationship between food insecurity and obesity in women. The whole area of obesity and food insecurity as a research focus is a passion for me. This work evolved from my experience with EFNEP (Expanded Food & Nutrition Education Program) in low-income communities.”

### Q: What did you find in your research?

A: “We found a positive relationship between food insecurity and overweight. Those reporting “not enough to eat” are more likely to be heavier. You would actually think it to be the opposite. I have spoken with women

who work full-time with food insecure women and they describe it as when the food stamps come, families go out and celebrate. They celebrate because they know that at the end of the month, they must live off of the basics. They get into this cycle where at the beginning of the month they want to make themselves feel good and they do that by buying their foods of choice, usually processed foods high in saturated fat and sugar.”

### Q: What are you currently working on in regards to this research?

A: “We are looking at what biologically is going on by trying to develop a model in animals. Our hypothesis is that when we switch rats from a very tasty diet high in fat and sugar to a bland diet and switch them back to the tasty diet, the rats will overeat beyond the control animals on a high fat tasty diet. We think that if we do this many times, the rats will become obese. If

*“...when the food stamps come, families go out and celebrate. They celebrate because they know that at the end of the month, they must live off of the basics.”*

*- Marilyn Townsend*

we can find the underlying mechanism for the weight gain, that is a big piece missing from this puzzle.”

### Q: What research needs to be done to address this problem?

A: “I want to design nutrition education interventions for food insecure obese women. It may help to teach these women how to make their resources last the month. Another possibility is testing giving food stamps twice a month, instead of once.

The U.S. Department of Agriculture is interested in solving this problem. Dr.

**Steve Specter (PhD UCD 1995 Nutritional Sciences)**, Dr. Adam Drewnowski (University of Washington, Seattle) and Dr. **Townsend** organized a workshop on food insecurity and obesity held at UC Davis April 30, 2003. Attending from USDA were Mr. Eric Bost, Under Secretary for Food, Nutrition and Consumer Services and Dr. Rodney Brown, Deputy Under Secretary for Research, Education and Economics. Center for Disease Control was represented by Dr. William H. Dietz, Director for the Division of Nutrition and Physical Activity. Dr. **Nancy L. Keim**, Research Chemist at the Western Human Nutrition Research Center, and Professor **Judith S. Stern** also participated. To read more:

**Townsend M**, Peerson J, Love B, Achterber C, Murphy SP. 2001. Food Insecurity Is Positively Related to Overweight in Women. *J Nutr* 131: 1738-1745.

**Kaiser LL**, Melgar-Quinonez H, **Townsend MS**, Nicholson Y, Fujii ML, Martin AC, Lamp CL. 2003. Food insecurity and food supplies in Latino households with young children. *J Nutr Educ Behav*. 35:148-53.

**Townsend MS, Kaiser LL, Allen LH, Joy AB**, Muphy SP. 2003. Selecting items for a food behavior checklist for a limited resource audience. *J Nutr Educ Behav* 35:69-82. ~



Story Contributor  
Cortney Chow



## Alexandra Kazaks, Nutrition PhD Graduate Student

As a clinical dietitian I was supposed to be the expert, but I admit I was sometimes as confused about nutrition as my patients. The “rules” were always changing. New questions came up every day: Is it OK to eat eggs now? How does garlic increase my HDL? Why did a fat free diet raise my triglycerides? I realized that I needed more time and opportunity for an in depth study of nutrition issues. My goal was to spend dedicated time, as a graduate student, working with the experts and doing research on personal nutrition theories.

My first study looks at the effects of magnesium (Mg) supplementation on symptoms in people who have asthma. Before I started this study I had no idea that there was an association between dietary Mg and asthma. Diets low in Mg are significantly associated with an increased risk of bronchial hyper reactivity, impaired lung function, and increased wheezing. Mg is found in unrefined cereals, nuts, green vegetables, and dairy products — not exactly the types of food that are abundant in our diets. Mg is also lost rapidly when food is cooked or refined. It is not a surprise that large population studies indicate that Americans don’t get enough Mg. Although numerous studies point to Mg as an important factor in asthma control, there are only a small number of randomized clinical trials to date, and they have yielded inconsistent results. Ours is a large, double-blind, randomized, placebo-controlled trial. If we find that Mg supplementation is an effective treatment for chronic asthma, then people who are unresponsive to conventional treatments or for whom conventional treatments are unavailable will have an inexpensive, safe alternative.



My second study tests whether there is an effect on body weight and lipid profiles in healthy adults taking an oolong tea extract. These days everyone is interested in new research on health benefits of plant components such as the polyphenols contained in fruits, vegetables, wine, and tea—especially when it applies to weight management. Oolong tea may be a useful alternative since it may help control appetite and increase thermogenesis (energy expenditure), decrease abnormal blood lipids that are often seen in combination with obesity and finally, have few side effects. From ancient times, oolong tea was traditionally consumed to improve blood flow, eliminate toxins, improve resistance to diseases, and to prevent obesity. Caffeine and polyphenols in tea may have both anti-obesity and hypolipidemic properties, but clinical studies are needed to determine their safety and efficacy.

With my mentor, **Prof. Judy Stern**, I have written a variety of chapters about obesity and diabetes. We wrote about the expanding healthcare costs of obesity; how “globesity” has become a world wide problem fueled by environmental changes and easy access to high energy (Kcalorie) foods; and controversies surrounding which are the most effective diets, physical activities, drug treatments, and types of bariatric surgery.

I am keeping up with clinical nutrition skills by being a teaching assistant for the clinical nutrition 116 labs. I enjoy lively discussions when we compare what is in text books with what it is like in the real world of dietetics. I am in my third year of the graduate program, and I feel energized by the opportunities to gain and use new technical skills and intellectual strategies to do creative and significant research. ∞

Kazaks A, **Stern JS**. 2003. Obesity: How do we get fat: food intake. In. Primary Care, Clinics in Office Practice: Obesity, Ed. GA Bray, Elsevier Science, Philadelphia 30:301-316.



## Attention Athletes: Can Nutrition Help You?

Sports & Nutrition

by Steven Garza, Class of 2003

*Editor's note: The following humorous article represents one "elite" athlete's view on the role of nutrition. Actual research shows good nutrition has a positive impact on athletic performance.*

As I run across a levy in South Davis, sweat pours down my face and finds its way into my eyes. I press on in the blistering summer heat. My good friend **Jak Kuehn (Class of 2003)** who makes sure to keep the pace around 6 minutes per mile accompanies me on this crazy 14-mile adventure. The only thing keeping me going is the thought of a cold cup of water waiting for me when I arrive home to sooth my dry mouth. We step into our house. I grab a cold bottle of water and quickly slam it down. Exhausted from the run, I grab one more while munching on a "Clif Bar." Not to my surprise, I look over at Jak and watch as he cracks open a 7-Up Soda and chugs it. Followed by this, he opens another and quickly dispenses it down the hatch.

To become an elite athlete takes talent, dedication, practice, pain, guts, and... nutrition? Nutrition and sports seem like they would go hand in hand but in reality, how many athletes practice this method? To answer this question I decided to go to the source, my friend Jak.

I have raced with Jak on the UCD Cross-Country and Track team for years. He is amazingly talented. He trains hard, running over 70 miles a week. With this combo, Jak ran the mile in 4 minutes and 4 seconds, a 5k in 14 minutes and 22 seconds, and a 10k in 30 minutes and 50 seconds. He was the fastest Division II American miler in 2001 and the 2<sup>nd</sup> fastest miler in 2002. At 2003 Nationals, Jak was the 3<sup>rd</sup> American in the mile. His other talent is he can

run this fast by living off of corn dogs and not touching a vegetable.

"I really don't think nutrition affects my performance. I have tried eating well the week before a race but it never really seems to help." After performing a three-day dietary intake on Jak, I discovered he eats on average 4000 calories a day. His main sources of food are Macaroni & Cheese, Corn Dogs, and Toaster Struddles. He ate some fruits and barely any veggies but overall he was not lacking on any essential vitamins or minerals.

There are some athletes (me) that try

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*"To become an elite athlete takes talent, dedication, practice, pain, guts, and... nutrition? Maybe not."*

*- Steven Garza*

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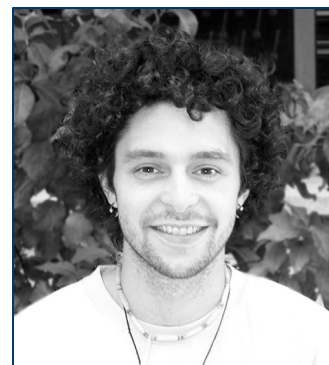
to keep a strict and healthy diet hoping it will have some type of benefit, but is it necessary? It seems more important to make sure an athlete eats enough rather than worrying about the types of food. "Don't think I am an alcoholic," Jak chuckles, "but I've gone drinking with my friends three nights before a race and I still ran very well." Jak pushes the limits, but he burns so many calories everyday, he need not worry about it. "You can't take running too seriously, you have to have fun. To be an elite athlete I think a person has to have an extreme personality. I borderline on extreme personality and a mental disorder."

Jak does admit that nutrition is important when he is not up to par. "Running well for me is all about not

getting sick. If I catch a cold, I can't run and that spells disaster." He tries to eat more fruits and foods high in protein and even takes a multi-vitamin during these times.

What is important for Jak as an elite athlete? "It's all mental. Part of having an extreme personality is that I can accept the fact that I am naturally more talented than many runners, but I cannot accept the fact that I am less talented than someone who beats me in a race."

So is nutrition not important? In Jak's case, nutrition does not have a high correlation with how well he runs, but it does affect how well he can recover from a cold or a hard workout. He might not be eating a 'healthy diet' but he is eating enough to adequately meet his requirements. I'm not trying to tell athletes to eat McDonalds everyday, but with increased energy expenditure an athlete has the pleasure of getting to literally splurge more often in the sweeter things in life. Nutrition might have other benefits. According to Jak, "My GPA isn't very high, which is probably due to poor nutrition." ∞



Story Contributor  
Steven Garza




## News Bites


**Congratulations: Professor Francene M. Steinberg** granted tenure! Position title as of July 2003: Associate Professor of Nutrition, and Director of Didactic Program in Nutrition. **Janet Uriu-Adams** was promoted to Associate Researcher. **Lucia Kaiser** was promoted to Associate Specialist. **Bo Lonnerdal** was promoted to Professor above scale - this is the highest professorial rank. He is now known as "distinguished professor."




Professor Patricia Oteiza


**Patricia Oteiza** (see above) is our newest Associate Professor. Dr. Oteiza has two primary areas of research. The first is centered on the characterization of the effects of trace mineral deficiencies, and trace mineral toxicities, on early developmental processes. Dr. Oteiza's second area of research is focused on the possible health benefits of flavonoids. Other new appointments: **Hagen Schroeter**, **Britt Burton-Freeman**, **Shannon Kelleher** and **Joo-Young Lee** were


all appointed Assistant Researcher. 

**Barbara Schneeman** was elected a Fellow of the American Association for the Advancement of Science (AAAS) and both Professor **Schneeman** and **Judith Stern** were made Fellows for the Council on Nutrition, Physical Activity and Metabolism of the American Heart Association. 

The Sacramento Business Journal featured nutrition professor and founder of the American Obesity Association **Judith Stern** as the lead source for a story on the impact of the obesity epidemic on business. Said Stern, "Business should care because obesity is increasing. Medical costs are higher, time lost from work can be higher and recovery from operations takes longer." This article was part of series on how companies are profiting from the overweight. The series also featured **Peter Havel**, Department of Nutrition. Read more on the web: [http://www.ucdavis.edu/in\\_the\\_news/lock\\_clip.lasso?id=4385](http://www.ucdavis.edu/in_the_news/lock_clip.lasso?id=4385). 

**Eatfit Program Fit for Award:** Cooperative Extension's Eatfit program, which works to change the nutrition and fitness behaviors of middle school students, is the 2003 university recipient of the Dannon Institute's Award for Excellence in Community Nutrition. In a nation-

wide competition, one award is given to a program initiated at a university that "demonstrates innovation and effectiveness in changing nutrition behaviors." A \$5,000 prize will be presented during a ceremony at the 2003 annual meeting of the American Dietetics Association. The UC Davis Center for Advanced Studies in Nutrition and Social Marketing, the School Partnership Program, the Food Stamp Nutrition Education Program and the Expanded Food and Nutrition Education Program are all involved in the Eatfit program. For more information on the EatFit program, please contact **Marilyn Townsend**, Associate Specialist in Cooperative Extension, Department of Nutrition, (530) 754-9222, [mstownsend@ucdavis.edu](mailto:mstownsend@ucdavis.edu). 

**Professor Lindsay Allen** has been named Director of the USDA Western Human Nutrition Research Center (WHNRC) at UCD. The lab employs 11 research scientists and 45 supporting scientists and staff. The WHNRC is one of six USDA labs in the USA. Congratulations Lindsay! 

## In Memory of JoAnn L. Prophet, RD



JoAnn Prophet was born February 9, 1941 in Kleenburn, WY and passed away April 25, 2003 in Sacramento, CA, age 62, with her family by her side. She is survived by her husband of 39 years, George; daughters, JodiLee & Bonnie Prophet of Sacramento; and three grandchildren. JoAnn was really special to many of us at UCD. As a lecturer she taught food service management and gave good advice to many of us. She retired from U.C. Davis after 22 years of service as Lecturer teaching Food Services Management. She belonged to many professional associations, and received numerous outstanding awards in her field. She had a love for traveling, reading, bargain-hunting & collecting cookbooks. She was an anchor & inspiration for her family and to many of her colleagues and students. In honor of JoAnn, the department has established the Prophet-Zeman Undergraduate Award in Nutrition (see page 1).



## Selected 2003 Faculty Publications

- Brown KH.** Diarrhea and malnutrition. 2003. *J Nutr* 133:328S-332S.
- Burri BJ,** Dopler-Nelson M, Neidlinger TR. 2003. Measurement of the major isoforms of vitamins A and E and carotenoids in the blood of people with spinal-cord injuries. *J Chromatogr A*, 987:359-366.
- Catalano PM, Kirwan JP, Haugel-de Mouzon S, **King JC.** 2003. Gestational diabetes and insulin resistance: Role in short- and long-term implications for mother and fetus. *J Nutr* 133:1674S-1683S.
- Dewey KG, Brown KH.** 2003. Update on technical issues concerning complementary feeding of young children in developing countries and implications for intervention programs. *Food Nutr Bull* 24:5-28.
- Dewey KG.** 2003. Is breastfeeding protective against child obesity? *J Hum Lact* 19:9-18.
- Gades MD, **Stern JS.** 2003. Chitosan Supplementation and Fecal Fat Excretion in Men. *Obesity Research* 11:683-688.
- Haskell MJ,** Lembcke JL, Salazar M, Green MH, Peerson JM, **Brown KH.** 2003. Population-based plasma kinetics of an oral dose of [<sup>2</sup>H<sub>4</sub>] retinyl acetate among preschool-aged, Peruvian children 1-3. *Am J Clin Nutr* 77:681-686.
- Jacob RA, Aiello GM, **Stephensen CB,** Blumberg JB, Milbury PE, Wallock LM, Ames BN. 2003. Moderate antioxidant supplementation has no effect on biomarkers of oxidant damage in healthy men with low fruit and vegetable intakes. *J Nutr*. 133:740-3.
- Keen CL, Clegg MS,** Hanna LA, **Lanoué L,** Rogers JM, Daston GP, **Oteiza P, Uriu-Adams JY.** 2003. The plausibility of micronutrient deficiencies being a significant contributing factor to the occurrence of pregnancy complications. *J Nutr*. 133:1597S-1605S.
- Keen CL,** Hanna LA, **Lanoué L, Uriu-Adams JY, Rucker RB, Clegg MS.** 2003. Developmental consequences of trace mineral deficiencies in rodents: acute and long-term effects. *J Nutr*. 133:1477S-80S.
- Kelley DS,** Erickson KL. 2003. Modulation of body composition and immune cell functions by conjugated linoleic acid in humans and animal models: benefits vs. risks. *Lipids*. 38:377-86.
- King JC.** 2003. The risk of maternal nutrition depletion and poor outcomes increases in early or closely spaced pregnancies. *J Nutr* 133:1732S-1736S.
- Kirschke CP, **Huang L.** 2003. ZnT7, a Novel Mammalian Zinc Transporter, Accumulates Zinc in the Golgi Apparatus. *J Biol Chem* 278:4096-102.
- Koutsos EA, **Clifford AJ,** Calvert CC, Klasing KC. 2003. Maternal carotenoid status modifies the incorporation of dietary carotenoids into immune tissues of growing chickens (*Gallus gallus domesticus*). *J Nutr*. 133:1132-8.
- Lee JY,** Plakidas A, Lee WH, Heikkinen A, Chanmugam P, Bray B, **Hwang DH.** 2003. Differential modulation of toll-like receptors by fatty acids--Preferential inhibition by n-3 polyunsaturated fatty acids. *J Lipid Res* 44:479-486.
- Lemke SL, **Dueker SR,** Follett JR, Lin Y, Carkeet C, Buchholz BA, **Vogel JS, Vogel AJ.** 2003. Absorption and retinol equivalence of beta-carotene in humans is influenced by dietary vitamin A intake. *J Lipid Res*. 2003 Jun 1.
- Lin Y, Dueker SR, Clifford AJ.** 2003. Human whole blood folate analysis using a selected ion monitoring gas chromatography with mass selective detection protocol. *Anal Biochem*. 312:255-7.
- Lonnerdal B.** 2003. Genetically modified plants for improved trace element nutrition. *J Nutr*. 133:1490S-3S. Review.
- Lonnerdal B.** 2003. Nutritional and physiologic significance of human milk proteins. *Am J Clin Nutr*. 77:1537S-43S.
- Morrill JF, Pappagianis D, **Heinig MJ, Lonnerdal B, Dewey KG.** 2003. Detecting *Candida albicans* in human milk. *J Clin Microbiol* 41:475-478.
- Rogers LM, Boy E, Miller JW, Green R, Sabel JC, **Allen LH.** 2003. High prevalence of cobalamin deficiency in Guatemalan schoolchildren: associations with low plasma holotranscobalamin II and elevated serum methylmalonic acid and plasma homocysteine concentrations. *Am J Clin Nutr* 77:433-40.
- Rucker R,** Samimi A, Last J. 2003. Prolyl 4-Hydroxylase. In: *Handbook of Food Enzymology* (Eds. J. Whitaker et al.), Dekker Press, NYC, NY pp: 493-502.
- Rucker RB,** Mitchell AE, Tchapanian E, Last J. 2003. Lysyl Oxidase. In: *Handbook of Food Enzymology, Vol. II-Section A* (Eds. J. Whitaker et al.), Dekker Press, NYC, NY, pp: 477-484.
- Steinberg FM,** Bearden MM, **Keen CL.** 2003. Cocoa and chocolate



## 2003 Faculty Pubs

(Continued from page 6)

flavonoids: Implications for cardiovascular health. *J Amer Dietetic Assoc* 103:215-223.

**Steinberg FM**, Stites T, Anderson P, Storms D, Chan I, Eghbali S, **Rucker RB**. 2003. Pyrroloquinoline quinone (PQQ) improves growth and reproductive performance in mice fed chemically defined diets. *Soc Exp Biol Med* 228:160-166.

**Townsend MS, Kaiser LL, Allen LH, Joy AB, Murphy SP**. 2003. Selecting items for a food behavior checklist for a limited resource audience. *J Nutr Education and Behavior* 2003;35:69-82.

Morris JL, **Zidenberg-Cherr S**. 2002. Garden-enhanced nutrition curriculum improves fourth-grade school children's knowledge of nutrition and preferences for some vegetables. *J Am Diet Assoc*. 102:91-3.

## New Funded Projects (Selected)

**Kenneth H Brown**. Determination of the independent effects of zinc intake and zinc status on zinc absorption from beef-containing and beef-free mixed diets. (National Cattlemen's Beef Association).

**Chris Hawkes, Liping Huang and Charles Stephensen**. The major goals of this project are to (1) study the etiology and prevention of minority health disparities in a Center of Excellence for Nutritional Genomics focusing on obesity, diabetes, asthma, and prostate cancer; (2) train minority scientists in nutritional genomics, obesity, diabetes, asthma, and prostate cancer; and (3) provide

preventive health outreach to minority communities in Northern California. Dr. Hawkes' part of the multi-center interdisciplinary center is a pilot study on nutritional prevention of prostate cancer (NCMHD Center for Excellence in Nutritional Genomics, NIH National Center on Minority Health and Health Disparities).

**Francene Steinberg**. The effects of soy isoflavones on platelet aggregation. The long-term objectives of this project are to determine whether consumption of soy protein with and without isoflavones modulates platelet aggregation and markers of platelet surface activation in comparison to a control casein protein and low-dose aspirin. This funding enables continuation of a pilot projects begun with a NIH CNRU Pilot and Feasibility grant. (California Dietetic Association Foundation Zellmer Research Fund).

**Francene Steinberg**. Safety, efficacy and optimal dosage of soy isoflavones to prevent osteoporosis. The long-term objectives of the project are to investigate the effects of natural soy isoflavones on bone metabolism in postmenopausal women over a two-year period of supplementation. This project is one of three sites in a multi-center trial. Outcome parameters assessing change in bone mineral density and biochemical markers of bone metabolism will be evaluated in relation to dosage of isoflavones. (USDA).

**Carl Keen, Francene Steinberg**. Procyanidins are natural compounds in plant-derived foods and are found in fruits, vegetables, and beverages such as red wine, green and black tea,

## New Clinical Studies

and cocoa. Phytosterols are also compounds derived from plants that have been shown to lower total cholesterol and LDL cholesterol, or "bad cholesterol". The purpose of this study is to

determine how these active compounds (cocoa procyanidins and phytosterols) in a chocolate product affects cholesterol levels in addition to other cardiovascular disease risk factors. Previous research studies of these natural compounds have shown them to provide some health benefits. For more information visit the web site, <http://cocoa.ucdavis.edu>.

## Thank you

We have raised \$5000 of our \$10,000 goal! If you would like to be a part of helping us realize our goal to fund the Prophet-Zeman Undergraduate Scholarship with \$10,000, it is welcomed and appreciated! (Please see page 11 for details on how you can help). We appreciate the generous contributions from the following faculty, research faculty and research associates:

**Lindsey Allen**  
**Liz Applegate**  
**Gary Cherr**  
**Ken Brown**  
**Kathryn Dewey**  
**Louis Grivetti**  
**Robert Hackman**  
**Charles Halsted**  
**Peter Havel**  
**Amy Joy**  
**Carl L. Keen**  
**Bo Lonnerdal**  
**Patricia Oteiza**  
**Robert Rucker**  
**Peg Rucker**  
**Barbara Schneeman**  
**Hagen Schroeter**  
**Francene Steinberg**  
**Judith Stern**  
**Barbara Sutherland**  
**Marilyn Townsend**  
**Jan Uriu-Adams**  
**Sheri Zidenberg-Cherr**



## An Interview with Dr. Robert Hackman

By Clara Lau (Class of 2003)

American consumers are more and more interested in supplements that claim to prevent or cure cancer, to lose weight or to enhance a person's sports performance. Dr. Robert Hackman, a research professor with the UCD Nutrition Department, has been working in this intriguing field for many years. He received his Ph.D. from UC Davis in 1981, under the direction of the late **Professor Lucille Hurley**. The main focus of his current research is determining whether the supplements he studies are safe and effective.

Some companies want to sell their products independent of whether they are effective. Some infomercials make outrageous claims such as a guarantee to easily lose 105 pounds in a few short weeks. Fortunately, there are some companies that do want to make a real difference. When developing a line of supplements, they invest money to ethically test their products to prove their legitimacy rather than just wanting to make a quick buck. This is where Dr. Hackman steps in by performing research to help assure that the consumers are not harming themselves through usage, while at the same time getting their money's worth. A supplement may not benefit everyone, but this does not mean it is not effective or beneficial. Dr. Hackman is helping to weed out the actual bad supplements that are harmful.

### Prostate Cancer

The medicinal use of mushroom extracts has been a tradition for centuries in Asia, prescribed for various diseases. Hackman is doing research on mushroom extracts with a Japanese company, mainly looking at prostate cancer. Prostate cancer is the second leading cause of cancer deaths among men (generally diagnosed by age 50). There is currently no standard of care for prostate cancer. The subjects in the study are men who

have either failed to respond to conventional therapy (such as surgery, radiation and hormone therapy) or chose to do active surveillance (watchful waiting). Their prostate specific antigen (PSA) levels are elevated and rising, but rising slowly and not requiring more aggressive intervention. If the PSA levels are too high during the study, the subjects are dropped to receive more intensive medical treatment. All research at UC Davis is reviewed and approved by the Human Subjects Review Committee to make sure that the protocols are ethical and human subjects are protected. The research is still ongoing and the results are not conclusive yet.

### Obesity

Obesity is a growing public health problem and a large number of supplements are being sold to people who want to lose weight. In Dr. Hackman's current 9 month study, one group of obese woman is taking pills that include vitamins, omega-3 fatty acids and herbal extracts added such as ephedra. The other group is taking a low potency vitamin with oil without omega-3 fatty acids or botanical extracts added. This is the placebo set, where if there is an effect, it is psychological rather than due to the pills themselves. Both sets of pills look exactly the same, which is important in double-blind experiments, where neither the investigator nor the subject knows who has been assigned the active or placebo pills. This may help determine if weight loss is effective through supplementation alone, or whether psychological aspects (for example the placebo effect) take place.

### Athletic Performance

Dr. Hackman works with professional athletes and/or their conditioning coaches. He looks at the athlete's current usage of supplements and whether they are effective or not. He tries to customize a unique combination of enhancing supplements to



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improve the athlete's performance in sports. Kendall Cross, 1996 Olympic Gold medalist in wrestling, is among Dr. Hackman's clients, who he worked with for over a year prior to the Atlanta Games.

### What does Dr. Hackman see in the field of nutrition in five year?

One of the most exciting areas is where genomics interfaces with nutrition. For example, after genetic assessment, if a person finds out he or she is at high risk for developing a certain disorder such as osteoporosis, preventative measures can be taken such as increasing calcium intake and or increasing vitamin D intake. The beauty of this approach is that only those at high risk for a given disease (as measured by their genes) would take these preventative measures.

Another area of growing interest is in fortified and functional foods. More supplement bars are in the market these days and perhaps in the future, there will be more specific targets of who should consume these bars. Back to people at high risk for osteoporosis or who already have it, perhaps there will be a specific bar with more calcium to keep bones

*(Continued on page 9)*



## Nutrition Alumni Notes

**Valerie Wallace Malone, BS class of 1974** writes: "I really have no news except to say that I love this new Nutrition Newsletter. From 1974 to 1989, I worked in the New York City textiles business and emphasized the "textiles" part of my degree. I am considering going back for a master's degree in nutrition studies here at Colorado State University in Ft. Collins. My old college textbook, *Nutrition and Physical Fitness* by Bogert, Briggs and Calloway sits amongst my cookbook collection and I refer to it often!"

**Bev Baird White, MS, RD, BS class of 1978:** Bev decided to go to graduate school after sending her two sons off to college. She is half way through the PhD program in Nutrition at Oregon State University. Bev writes, "I particularly enjoyed your article on Liz Applegate, since I'm interested in non-traditional teaching methods."

**Helen Effron, BS class of 1980** obtained her MS in nursing at Sonoma State after graduating from UCD. She has maintained a strong interest in Nutrition Science and incorporates nutrition teaching in primary care medicine.

**Gretchen (Arhelger) Dunoyer, BS class of 1984** received her MS as a clinical nurse specialist in 1988, and is an oncology nurse since in the Boston area. She started a mind/body wellness program for oncology patients, which includes sessions on the latest information regarding nutrition and cancer.

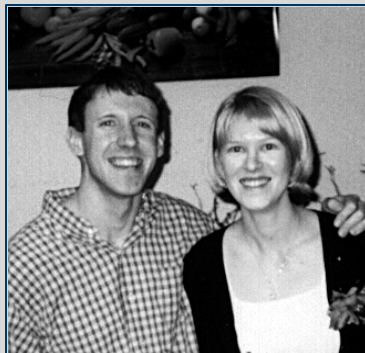
**Alice (Clack) Nicolai, BS class of 1990** is currently employed part-time as the Lead Nutritionist and Supervisor at the UC Davis Women's Health Initiative research study, located in Sacramento.

**Claudia (Lopez) Rahim, BS class of 1993** worked at UCD Medical Center as an inpatient and outpatient dietitian until January 2003. Her specialty is

diabetic education. She earned her CDE in 2001. She is now at home raising her first child, Sabrina Isabel.

**Connie (Barnes) Belk, BS class of 1995** is enjoying her job working with post-menopausal women on a long-term research study at the UCD School of Medicine. In the past year, she has focused on improving her public speaking skills, and became a Competent Toastmaster through Toastmaster's International. Connie writes, "I wish people were aware of this organization, as it has limitless opportunities for improving public speaking and leadership skills."

**Susan Gunther, MS, RD, BS class of 2000** recently completed her MS in Nutritional Sciences at the University of Washington, Seattle. On May 31, 2003, she married **Trent Thomas, BS class of 2000** (see photo below). Trent is currently in the Department of Nutrition and Toxicology at UC Berkeley working on his Ph.D. They are living in Berkeley. Susan writes, "Thanks to UCD Nutrition Department for giving us a great education



Trent Thomas and Susan Gunther

start!"

**Charles Johnston, BS class of 2002** is pursuing a second BS degree in Profession Nursing at the University of Vermont, Burlington. He writes, "Enjoy living in a new place, but miss Davis as well. Thanks for the newsletter." *Charles, good luck with the Vermont winters—Editor.*

## Dr. Hackman

(continued from Page 8)

strong or even make them stronger. For menopausal women, perhaps a bar may be produced to help maintain and regulate hormone levels.

The American consumers are looking forward to innovative, safe and effective nutritional food products in the near future. Dr. Hackman's research will hopefully contribute to identifying what supplements are useful in everyday life and for enhancing the performance of athletes. His research reaches a large amount of people (athletes, the overweight or obese and men with prostate cancer) and should make a difference in many lives.



Story Contributor Clara Lau



## A Little Spice in Davis

### Restaurant Review

by Sayako (Sai) Suzuki (Class of 2003)

Picnic Day is not the only excuse you can use to visit Davis anymore. It may seem hard to believe, but there are many restaurants that are worth your time and money—and an extra trip up to Davis. Whether it's a romantic date or a gathering of friends, this hot spot in Davis is the place to be. Sophia's Thai Kitchen is a popular restaurant located in the heart of downtown Davis. A narrow pathway and hovering trees may fool many. However, once you make it through the entrance, the sound of water trickling in the fountain in the courtyard and the peacefulness in the air almost makes you forget where you are. The smell of jasmine rice and spices fills the courtyard that surely makes your mouth water.

The restaurant is separated into several parts to offer you the atmosphere that's just right for the occasion. The indoor section has a traditional table-and-chairs section and a unique floor-sitting section. The table section may be the best if you like the hustle and bustle of people and a noisy scene. As you take a seat, you will notice that many portraits of great Thai leaders who once existed surround you. And if you keep an open eye, you may be able to also notice a wooden map of Thailand looking down at you as you enjoy your meal. The floor-sitting section is a one-room area, great for a large group as it gives room for privacy and intimacy. The walls are colorfully painted—a panoramic view of the Thai countryside. The outdoors is great throughout the year for its laid-back experience. It is especially popular in the spring and summer time for simultaneous enjoyment of food and weather. Even in the wintertime, the outdoors transforms to indoors as plastic coverings create walls, so spots get filled right away.

If you want to impress your date with

your charm, Sophia's also offers a very dim and cozy table in between the indoor and outdoors. Planning to get together with friends? Want to make a really good impression on a date? Well, this might just be the place.

The first thing a lot of people order is the Thai ice tea, a delicious and addicting, bittersweet drink. For \$1.95 and free refills, you can drink away as you enjoy your meal. One of the most frequently requested dish is the Pad Thai (\$7.50), rice noodles stir-fried with eggs, bean sprouts, and green onions. It comes with a choice with chicken, beef, or tofu without extra charge, and with shrimp with an extra charge of \$4.00. Waiters often recommend the Spicy Eggplant Stir-Fry (\$7.50 with chicken/beef/tofu or \$11.50 with shrimp), an eggplant stir-fry with red bell pepper, basil, and curry, eaten over rice. The lingering smell of curry spices and jasmine rice makes anyone anxious to take that first bite. It has a strong smell of curry and spices, but the flavor at no point is overwhelming. The texture of the eggplant is smooth and its combination of flavors with the spices just perfect for the taste buds.

Their one-of-a-kind dish is the Yum Pal Murk (\$7.50), which is calamari tossed with cilantro, lime juice, lemon grass, and spices. This dish is a delight for spice lovers. It is not the typical breaded and fried calamari that most of us are familiar with; it's simply mixed with cilantro and spices. There is an initial strong taste of cilantro followed by a consistent wall of spiciness, however a hint of lemon creates an ideal contrast. Jasmine rice is a great complement as it calms down the palate.

Sophia's Thai Kitchen is a definite dining location for any occasion. It's an excellent place to experience a taste

of Thai cuisine, especially for those who love spicy dishes. If spicy foods are scaring you away, don't hesitate to try—simply request a milder version. The versatile atmosphere is also a plus, giving you the feel of intimacy, but at the same time enough space for pure relaxation. The only problem is to avoid the long wait. The restaurant recommends diners to arrive within fifteen minutes after opening for a sure spot. Friday nights and weekends for lunch and dinner are especially packed. They don't take reservations, so expect to wait if you come during rush hours. But, not to worry—Sophia's also has its own bar next door. Just make sure you bring extra cash for a few drinks and appetizers.

Overall Rating: ★★★★★

Expense 🍷🍷

Atmosphere ★★★★★

Food ★★★★★

Service ★★★★★

Noise ★★★★★

🍷 equals about \$5.00

Sophia's Thai Kitchen  
129 E Street  
Davis, CA. 95616  
(530) 758-4333

Lunch: M-Sun 11:30 am-2:00 p.m.

Dinner: M-Th 5-9 p.m., F-Sun 5-10



Story Contributor Sai Suzuki



## Alumni Information Sheet

We welcome news of your recent accomplishments and transitions. Please let us know about new jobs, promotions, awards, publications, exhibitions and your interesting activities. Take a moment to drop us a note. Return this form to the address below, email us the same info at [nutritionalumni@ucdavis.edu](mailto:nutritionalumni@ucdavis.edu), or visit our website at [www.nutritionalumni.ucdavis.edu](http://www.nutritionalumni.ucdavis.edu). We love to receive photos!

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone(\_\_\_\_\_) \_\_\_\_\_ E-Mail \_\_\_\_\_

Year Graduated from UCD \_\_\_\_\_ Degree \_\_\_\_\_ Major \_\_\_\_\_

Occupation \_\_\_\_\_ Employer \_\_\_\_\_

News \_\_\_\_\_

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I would like to make a donation to Prophet-Zeman Undergraduate Award in Nutrition (donation enclosed). \_\_\_\_\_ Amount

Judith S. Stern, Editor • Nutrition Department • University of California  
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## Carol Rees Parrish RD, MS Class of 1980 (BS Dietetics)

AL

Carol writes that she received her Master of Science in Nutrition in August of 2001 from the Finch University of Health Sciences/Chicago Medical School. She works as a Nutrition Support Specialist at the University of Virginia Health System, in Charlottesville, VA. Carol also founded the University of Virginia health System Medicine Nutrition Support Team in 1991. They have grown to 6 team members (all RD's) and are responsible for in-patient medicine nutrition support consults, GI nutrition clinics, and nutrition oversight of all patients discharged home with the University of Virginia Health System's Home Infusion Company. She initiated the University of Virginia Health System Digestive Health Center of Excellence Celiac Support Group in 1991 and participates in the UVAHS's IBD Support Group, in addition to GI/nutrition support education of 10 dietetic interns per year, teaching classes at the UVAHS School of Nursing (UVAHS house staff and GI fellows). She also developed and runs UVAHS's monthly week-long Nutrition Support Traineeship Program and is the series editor for Nutrition in Gastroenterology in the journal, "Practical Gastroenterology."

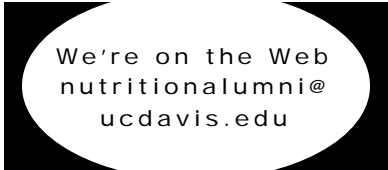


Carol met her husband while on a bicycle adventure on the Eastern Shore of Maryland. Coincidentally, it turns out he was also a UCD alum (**Rick Parrish, B.S. Renewable Natural Resources, class of 1974**). Rick is an environmental attorney with the Southern Environmental Law Center. They have an 8-year-old son, Rees, which Carol says is "our biggest job yet!" She is an avid swimmer, and enjoys kayaking, hiking and reading. Carol's biggest challenge professionally is maintaining a balance between her family and career. Her advice to the clinical nutrition class of 2003 is: "First and foremost, have a clear understanding and practice of evidenced-based medicine, and know how to critique the literature. Prepare to question clinical practice wherever you end up and look for ways to make it better; do not accept status quo."



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## UCD Nutrition Department Web Site Awarded a Four Star Rating from Tufts University Child & Family WebGuide

The Nutrition Department web site ([www.nutrition.ucdavis.edu](http://www.nutrition.ucdavis.edu)) has been awarded a four star rating by the Tufts University Child & Family WebGuide. By offering research-based discussions on breastfeeding, maternal nutrition, formula feeding and the transition to solid foods, the UC Davis Nutrition web site has been found to provide a valuable resource to parents and those working in the child development field. Only a small percentage of sites pass their rigorous screening process. Of these, less than 20 percent receive a four star award.

The Department is now part of this elite group. The Tufts Child & Family WebGuide ([www.cfw.tufts.edu](http://www.cfw.tufts.edu)) is the first online resource for parents, child-care professionals, and students that systematically evaluates the web sites it lists. The WebGuide recognizes the growing need to evaluate the enormous volume of information now available online. Online searches on popular parenting topics yield a range of information, much of which is inconsistent with the findings of child development experts. The WebGuide seeks to address these concerns. 

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NEWSLETTER  
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