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NUTRITION

Department Newsletter | Winter/Spring 2003

Message from the Chair

Carl L. Keen, PhD

You are receiving the first issue of our UC Davis Department of Nutrition newsletter if you are a former associate (student, postdoctoral scientist, visiting scientist, staff). Our goal is to provide information on current department activities and projects. The Department of Nutrition is committed to providing outreach at the county, state, national and international levels. An important underlying principal of the Department's outreach program is to demonstrate the linkage between basic science and its application to human health and well-being. We are committed to transmitting information from our research programs to our people at mul-

iple levels, including professional committees, government agencies, communities and individuals. Research programs (within the program) are largely centered on identifying nutritional status and overall health of the population.

We are hopeful that this newsletter will provide a mechanism for our Davis family to keep in contact. We need your input. We would like to hear from you especially about topics that you would like to see covered in this newsletter. In future newsletters, we would like to include more information about Department of Nutrition Alums. Send us information about



Carl L. Keen, Class of 1974, PhD in 1979

what you are doing both professionally and personally. Be sure to include the dates when you were at UCD. Thanks in advance for your help. I can be reached by e-mail at clkeen@ucdavis.edu.

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Nutrition and Animation - Students Can't Get Enough: A profile of Dr. Liz Applegate

It's the beginning of the quarter, and Chemistry 194, UC Davis' largest lecture hall, is brimming with students: filling every seat, sitting on the steps, standing in the back, waiting in the foyer. They are all hoping to get into Nutrition 10, a popular general education course. The class is popular, mainly due to Dr. Liz Applegate (Class of 1978,

PhD in 1984). Her enthusiasm, expert knowledge, and informal style make her undergraduate classes the nation's largest, with enrollments exceeding 2,000 annually. "Chem 194 has 440 seats," says Applegate, "and this quarter there are about 280 students on the waiting list."

Long known as an excellent teacher and a recipient of

the UC Davis Academic Federation Award for Excellence in Teaching, Applegate is looking for new ways to make her classes more compelling. She is working with Mediaworks, Information and Educational Technology's newest department, to create PowerPoint animations that illustrate complex

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Liz Applegate

(continued from Page 1)

concepts and engage students in new ways.

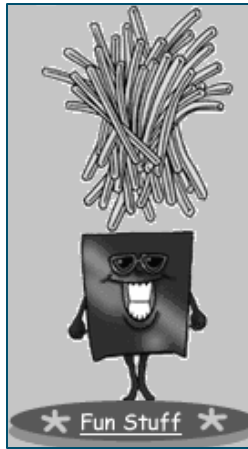
Helping Students Connect Concepts to the Real World: Dr.

Applegate works hard to help her students tie nutrition concepts to their daily lives, and go beyond memorizing concepts to applying them to real life issues. One challenge that Applegate faces is explaining difficult concepts to her students, most of whom have not taken any science classes since high school. "Some of these topics are really tough," she admits. "Even doctors can be confused by this information." With the combination of large classes, short attention spans, and difficult concepts, Applegate has had to adjust her teaching style.

Step One: Visuals and Analogies:

Early on, Applegate realized students responded well to her analogies and use of visual aids. So she called on Steve Oerding, an artist at Media-works, to create illustrations of some of her analogies. Oerding began drawing arteries and digestive tracts, cells and proteins. Using a traditional

slide projector, Applegate displayed the slides, one by one, to her students. As useful as the slides were, it was still hard to describe processes and concepts. "I was doing all sorts of crazy things with a laser pointer trying to describe how things work," she explains. Students would stop listening to her lecture, quickly writing down all of the bullet points on her slides.



Step Two: Animated Presentations:

Oerding suggested she use a laptop to present the slides in PowerPoint, which would enable them to animate the processes and concepts and

make them more interesting. "Students now are from the Nintendo generation," says Oerding. "They need to see things moving to understand and process information."

The Test: Applegate tested out the laptop presentations in a few of her lectures last summer. In the fall, Applegate taught half of the quarter with traditional slides and the other half with animation. She sees positive results from her efforts. "Students are more attentive," she says. "They also seem to understand the concepts better and they do better on tests." To quantify her impressions, Applegate asked her students on class evaluations whether they preferred traditional slides or animation. The students overwhelmingly preferred the animations. "The animations are more helpful with things like digestion," wrote one student. Another wrote, "Computer animated presentations make learning more fun and interest-



"Students are more attentive. They also seem to understand the concepts better and they do better on tests."

- Liz Applegate (above)

ing." Encouraged by these results, Applegate asked Oerding to create animated presentations for each lecture. This quarter, for the first time, all of her lectures will be accompanied by animated slides.

Results Count: For now, the animated slides are meeting the students' needs and helping them understand nutrition. These are exactly what kind of results Applegate is looking for. "I want my students to think about what they learned in my class when they are at the grocery store," she says. "I want them to understand and use the information I give them. These animated slides are helping me do that. It's definitely worth it." ~

More information about Nutrition 10 is available at: <http://teaching.ucdavis.edu/nut10/>

Information about Dr. Applegate is available at: <http://nutrition.ucdavis.edu/faculty/applegate.html>



Dr. Liz Applegate teaches a crowded lecture hall full of Nutrition 10 students. Using animated PowerPoint slides helps her explain difficult concepts



RESEARCH NEWS

Dr. Kathryn Dewey Studies Growth Patterns of Youngsters

A UC Davis nutritionist, Professor Kathryn Dewey, specializes in the health of mothers and children. She is part of a global research team working to develop better growth charts to monitor the health and development of young children. Dr. Dewey directs the only United States research site for a worldwide research project, coordinated by the World Health Organization (WHO), to revise



growth charts for children under the age of 5 years.

Previous research by Dewey and other nutritionists suggests that current growth charts, used to gauge whether children are growing appropriately, don't accurately reflect the growth patterns of breast-fed children. Dewey's team is collecting data on the growth of some 700 children in the Davis area, which will be used in revising the WHO growth charts. "At certain ages, breast-fed babies tend to grow more slowly than do formula-fed children," said Dewey. "The concern is that health professionals might mistake this slower growth for a failure to thrive and recommend that the mother switch to formula."

Research has shown that breast milk is effective in warding off illnesses such as ear infections and diarrhea, and



helps boost mental development.

Dewey has been researching maternal and infant nutrition for more than 15 years. Her work includes studies on infant growth and nutrition, the impact of nutrition and exercise on nursing moms, breastfeeding and post-childbirth weight loss in mothers, and growth problems in infants and children in developing countries. ≈

More information about Dr. Dewey is available at: <http://nutrition.ucdavis.edu/faculty/>

UC Davis Nutrition Department Researchers Collaborate with Lawrence Livermore National Laboratory

The Biokinetics Research Group is a collaborative team distributed between the Department of Nutrition at UC Davis and the Center for Accelerator Mass Spectrometry (CAMS) at Lawrence Livermore National Labs. UC Davis Nutrition Department Faculty members Dr. Andrew Clifford and Dr. Stephen Dueker lead the group at UC Davis. Their focus is on the application of isotopic labeling for defining the *in vivo* kinetic behavior of nutrients and other bioactive molecules. Accelerator Mass Spectrometry is the key technology that enables the *in vivo* testing with physiological doses using carbon-14 labeled substrates. Stable isotopic applications are also employed using traditional mass spectrometry.

Defining the bioavailability and metabolic fate of nutrients is basic for



The Crew at 3rd floor Meyer Hall (2/5/01).
Back row (left to right). Stephen Dueker, Jennifer Follett, Andrew Clifford, Tammy Correa
Front row (left to right): Yumei Lin, Sabrina Hickenbottom, Shawna Lemke, Colleen Carkeet

making scientifically sound nutritional recommendations. There is plenty of confusing and often erroneous infor-

mation streaming across the media these days, which is fed by a lack of quantitative information concerning the biological processing of food compounds. The program of the Biokinetics Research Group is focused on filling in some of the big question marks surrounding the absorption and metabolism of nutrients. They label nutrients with heavy isotopes of carbon and hydrogen. Isotopes are forms of a particular element that differ in their mass, or atomic number, but otherwise are chemically identical to the more naturally abundant mass form. Isotopes of an element are located in the same position in the periodic table (the name isotope comes from the Greek words isos = equal and topos = place). The difference in mass is due to the different number of neutrons in the nucleus. In this way

(Continued on page 4)

Nutrition Researchers Collaborate with LLNL

(Continued from page 3)

hydrogen, besides the normal element, also gives us deuterium, whose nucleus is formed by one proton and one neutron. Some isotopes are unstable and transform themselves to other elements by a process known as radioactive decay. Others are stable and persist without changing. With few exceptions, the most abundant isotope form that occurs in nature is the one of lowest mass, eg., there is a lot more hydrogen than deuterium around. Thus, when they take a naturally occurring nutrient, and substitute a heavy isotope at one of its positions, it results in a molecule that is chemically indis-

tinguishable from the natural or endogenous form, but is slightly heavier. Mass spectrometers are instruments that can measure small mass differences in molecules. Thus, by mass spectrometry, they are able to analyze the heavy isotope molecule in the presence of high endogenous concentrations of natural molecules. Isotopes thus serve as a very useful tool for detecting a "dose" of a nutrient given orally or by infusion and following its movement in tissue and fluids, and ultimately its excretion in the urine and the stool. ☞



LLNL's FN tandem accelerator and mass spectrometer

More information about the Biokinetics Research Group is available at: <http://biokinetics.ucdavis.edu/>

Dr. Carl Keen's Lab Studies Relationship Between Heart Disease and Flavonoids found in Chocolate

Like apples, chocolates may be good for keeping the doctor away. So suggest the results of research conducted by Carl Keen, professor of nutrition and internal medicine. Keen found that eating chocolate may confer important cardiovascular benefits, perhaps resulting in a reduced risk for blood clots. Tests on more than 100 volunteers who ate either small amounts of chocolate or who consumed flavonoid-rich cocoa beverages, indicated that the flavonoids in chocolate, compounds that naturally occur in many fruits and vegetables, but are particularly plentiful in cocoa beans, confer helpful effects similar to those produced by low doses of aspirin. Public health officials often suggest that individuals over the age of 40 take a baby aspirin a day to reduce their risk for stroke and heart attacks. In the United States, it is estimated that millions of individuals take aspirin on a daily basis for its cardio-protective effects.

Scientists have also found that the flavonoids in chocolate may augment the natural oxidant



John Polagruto and Janice Wang in the Keen Lab

Flavonoids in chocolate may augment the natural oxidant defense systems in the body, which may reduce the risk for certain diseases

defense systems in the body, which may reduce the risk for certain diseases. Nutrition experts caution that chocolate, rich in sugar and fats,

should not be viewed as a substitute for fruit and vegetables. Similarly, flavonoid-rich foods should not be viewed as a substitute for fruit and vegetables. Similarly, flavonoid-rich foods should not be viewed as a substitute for low-dose aspirin. Nevertheless, said Keen at the annual meeting of the British Association for the Advancement of Science in September, he is sufficiently impressed by the collective results on flavonoid-rich foods that he often consumes such foods, including chocolate, before long plane flights to help reduce the risk for blood-clotting problems associated with such travel. ☞

More information about cocoa and flavonoids is available at the following web sites: <http://cocoa.ucdavis.edu/> and <http://nutrition.ucdavis.edu/flavonoid/>

Information on Dr. Keen is available at: <http://nutrition.ucdavis.edu/faculty/keen.html>

News Bites

Eight scientists in the College of Agriculture and Sciences are among the world's most influential authors within their respective fields, according to an analysis by the Institute for Scientific Information (ISI). The institute list approximately 100 "highly cited researchers" in each of 11 categories in life sciences, medicine, physical sciences, engineering and social sciences. Included are **Bo Lonnerdal**, professor in nutrition, and **Carl Keen**, professor and chair of nutrition. The lists were compiled from the evaluation of 19 million source articles in scholarly journals. According to ISI, these individuals are the most highly cited within their categories for the period 1981-1999, and they comprise less than one-half of 1 percent of all publishing researchers.

Lucille Hurley, a founding member of the Department of Nutrition in the 1950s, was among six faculty and staff members honored during a building naming ceremony at The Colleges at LaRue student residential complex on campus. Hurley, who died in 1988, was a professor of nutrition and internal medicine. A world authority on linkages between dietary deficiencies in expectant mothers and birth defects, she received the Academic Senate's Faculty Research Lecturer Award. Many students who studied with Hurley are now in the field of nutrition, including **Carl Keen**, current department chair.

Professor **Judith S. Stern**, departments of nutrition and internal medicine, organized a study of asthma sufferers to determine whether magnesium can alleviate attacks. In a Sacramento television interview, Stern said that we can learn from history. "People have been going to the Dead Sea in the Holy Land for years," she said. "They inhale the salt air and their asthma gets better." The reason may be that the salty air

STAFF SPOTLIGHT



Walt, Vita, and son Cooper

Vita Cooper, Undergraduate Advisor

I started working at UC Davis in September, 1986. Students ask me how can I advise Nutrition students without nutrition in my background? My six years of experience in the Registrar's office made me aware of all of the rules and regulations students "need to know" in order to complete their education. I was an undergraduate in Sociology and Psychology at UCD. I graduated in June 2002 with honors in both of my majors. My psychology background is evident when I advise students how to balance their schedules or to take a PE course to relieve stress. I really enjoy advising students in this department and the more in-depth contact that I experience providing this level of advising. I started Law School at UCD in August. I've cut my hours down to 20/week so that I can continue to work and go to school. My peer advisors have taken on the initial screenings in the office. Students meet with them prior to meeting with me. I am available to help with difficult scheduling situations, paperwork and petitions, as well as helping students with situations that need more experienced input. (Editor: students and faculty love Vita. She is a problem solver with a great personality).

On a more personal note, when you visit my office in 3211 Meyer Hall you may meet one of my three parrots. Almost two years ago, I went with a friend to help feed a faculty member's Amazon parrot. He (the parrot not the professor) had a really nasty disposition and usually screamed and bit everyone. From the moment we met, that bird decided that he liked the redhead. During my third visit, he climbed on my shoulder and gave me a kiss. The owner gave him to me. His name was Mephisto, which I felt contributed to his devilish behavior. His name was changed to Walt (Mephisto Waltz, get it?). Soon after, my son Cooper decided he wanted a bird that didn't hurt when he bit. Enter Diz the cockatiel. As a graduation present, I purchased a Rose-Breasted Galah called MicMinn (who turned out to be a Mickey, not a Minnie). Birds really make a great conversation starter and I'm hoping to use my parrots in my practice of law, when I begin doing criminal justice with minors.

My life would not be complete unless I mentioned my 14-year-old son, Cooper. As a single mom for over 12 years, so it's pretty much us against the world. So far, he hasn't flipped out as a teenager. I'm hoping he stays as neat as he is now. I remember how hard it was to be a teenager, I'm sure we'll get through it. Cooper is a major sports nut. If he's in the office don't make derogatory comments about the Cowboys or the Lakers unless you plan on debating for the next hour. Come and visit me the next time you are on campus. ☺

Current Faculty



Lindsey Allen
RD, PhD, Professor



Steve Dueker
PhD, Asst Researcher



Liping Huang
PhD, Asst Adj Profes-
sor



Liz Applegate
PhD, Lecturer



Louis Grivetti
PhD, Professor



Robert Jacob
PhD, Adj Professor



Kenneth Brown
MD, Professor



Robert Hackman
PhD, Researcher



Amy Joy
PhD, Cooperative Ex-
tension Specialist



Betty Burri
PhD, Assoc Adj Profes-
sor



Charles Halsted
MD, Professor



Lucia Kaiser
PhD, Cooperative Ex-
tension Specialist



Gary Cherr
PhD, Professor



Peter Havel
PhD, DVM, Assoc Re-
searcher



Carl Keen
PhD, Professor & Chair



Andrew Clifford
PhD, Professor



Wayne Hawkes
PhD, Asst Adj Profes-
sor



Nancy Keim
PhD, Assoc Adj Profes-
sor



Kathryn Dewey
PhD, Professor



M. Jane Heinig
PhD, Assoc Researcher



Darshan Kelley
PhD, Adj Professor



Current Faculty



Janet King
PhD, Research Profes-
sor



Francene Steinberg
PhD, Asst Professor



John Vogel
PhD, Adj Professor



Louise Lanoue
PhD, Asst Researcher



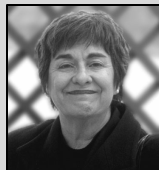
Charles Stephensen
PhD, Assoc Adj Profes-
sor



Sheri Zidenberg-Cherr
PhD, Assoc Coopera-
tive Extension Special-
ist



Yumei Lin
PhD, Asst Researcher



Judith Stern
ScD, RD, Professor

Not pictured:

Paul A. Davis
PhD, Res Nutritionist

Marjorie J. Haskell
PhD, Asst Researcher



Bo Lonnerdal
PhD, Professor



Barbara Sutherland
PhD, Director EFNEP

Daniel Hwang
PhD, Adj Professor



Roger McDonald
PhD, Professor



Judith Turnlund
PhD, Adj Professor

Molly Kretsch
PhD, Assoc Adj Professor



Robert Rucker
PhD, Professor & Vice
Chair



Jan Uriu-Adams
PhD, Asst Researcher

Joo-Young Lee
Ph.D., Asst. Researcher



Barbara Schneeman
PhD, Professor



Marta Van Loan
PhD, Assoc Adj Profes-
sor

David McCarron
MD, Assoc Professor

UC Davis Student Nutrition Association (SNA) Welcomes New Members at Student Activities Faire



2002-03 SNA Officers
Back Row: Sabryna Huang, Robin Devine, Myra Okialda, and Jackie Ji
Front Row: Maria Chang, Nayan Patel and Johanna Fong.

The Student Nutrition Association (SNA) at UC Davis (formerly the

NDA) is a new association established this year primarily to bring students together to participate in activities to help promote the importance of good health and nutrition. The SNA holds meetings three to four times per quarter to allow students to participate and become more involved in this fast, emerging field. This year, a different emphasis was placed on each quarter. Community nutrition was the focus for fall quarter. Jobs and internships are emphasized during winter quarter. And health and physical activity are the focus for spring quarter.

The SNA is dedicated to providing students the resources to help enhance career goals. The SNA garners and

supports new ideas that will increase public awareness of nutrition. SNA works with the Golden Empire District of the California Dietetic Association in a Mentorship capacity. ☞

More information about the Student Nutrition Association is available at <http://asu.cd.ucdavis.edu/organizations/other/sna>



UC Davis Ragle Human Nutrition Center Opens

The Ragle Human Nutrition Research Center (RHNRC) was developed as a collaborative project between the UC Davis College of Agricultural & Environmental Sciences and the UC Davis School of Medicine. The goal of the Ragle Center is to facilitate the ability of investigators to conduct acute trials with human subjects on the main Davis campus. While it is envisioned that the majority of work conducted at the Ragle Center will be focused in the area of Nutrition, work will not be limited to this area. Currently, the Ragle Center is jointly operated by the University of California, Davis Nutrition Department and the USDA, ARS Western Human Nutrition Research Center

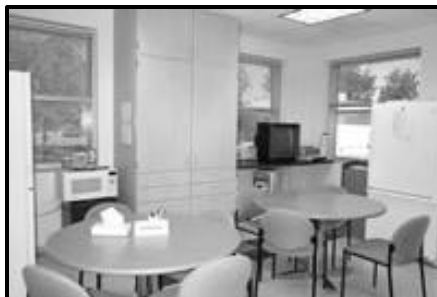
(WHNRC). The goal is to ensure that the Ragle HNRC conducts and facilitates human nutrition studies designed by WHNRC Scientists, the Faculty of the Nutrition Department, and the Faculty of the School of Medicine, and to foster positive interaction and scientific collaboration between these three groups.

The Ragle HNRC is housed in approximately 5,000 sq. ft. of space in the Academic Surge Building on the UC Davis campus. Included in the space are a recruiting office, three staff offices, four procedure rooms, metabolic kitchen, dining/conference room, and three laboratories. The laboratories include a specimen processing room, Faculty lab, and Nutrition As-



essment lab. Equipment used by researchers in the facility include a Delphi A Hologic Bone Densitometer, Dual X-Ray Absorptiometry Instrument (Lunar DXA), and metabolic cart (Parvo-Medic). Analytical capabilities include general clinical chemistries, hematology, blood lipid profiles, hormone measurements, and micronutrient status assessment for minerals and vitamins. ☞

More information on the Ragle facility is available at <http://ragle.ucdavis.edu/>





CLINICAL STUDIES

Current studies underway in the department of Nutrition

FLAVONOIDS – Volunteers Needed For Dietary Flavonoid Study

We are recruiting healthy subjects over the age of 18 who are willing to consume flavonoid-rich foods and beverages (fruits, tea, cocoa, etc.) in conjunction with other commercially available foods (frozen dinners, snacks, etc.). Subjects must be able to donate small amounts of blood multiple times throughout the day, and may be required to donate a urine sample. The Department of Nutrition at UC Davis will conduct the experiment. Subjects must be free of known disease and willing to make small modifications to their diet for the day prior to and of the experiment (~ 48 h). If necessary, subjects may be asked to abstain from aspirin or aspirin-like products (e.g., Tylenol) for 4 days prior to the experiment. For more information, please come by 3401 Meyer Hall to fill out a questionnaire or phone John Polagruto (530-752-8463; japolagruto@ucdavis.edu). Subjects will be compensated.

OSTEOPOROSIS & SOY - Researchers at UC Davis and Kaiser Permanente are Seeking Postmenopausal Women for Study Evaluating the Use of Soy Isoflavones to Prevent Osteoporosis

Healthy, postmenopausal women (40 to 60 years old) needed for a study designed to test soy supplementation to prevent osteoporosis. Prospective recruits in this two-year study, sponsored by the United States Department of Agriculture, cannot have osteoporosis, cannot be vegan, cannot be taking hormone replacement therapy, and cannot be overweight by current height and weight standards. There are no costs to participate in the study and each participant will receive a payment. If you are interested, please contact the Soy Study Coordinator at Kaiser Perma-

nente (916-614-4646) or UC Davis (530-752-5510). More information about the OPUS (Osteoporosis Prevention Using Soy) study is available on this informational flyer in pdf format.

mat.

FOLATE METABOLISM - Volunteers Wanted for Folate Metabolism Study

Folic Acid (Folate) is a vitamin important for optimal health and disease prevention. To better our understanding of folate metabolism in humans, scientists at the Department of Nutrition in association with Lawrence Livermore National Laboratory are conducting a multiyear study that will characterize the absorption and metabolism of folate in human volunteers.

Appropriate candidates are non-smoking, no major medical conditions, not taking any medications, supplements and birth control pills, men or premenopausal women, age 18 – 65 y. Candidates will be tested for a specific genetic element important to folate metabolism for eligibility. This will require a small blood specimen be drawn. Those who meet the eligibility requirements may then continue with the main study, which involves the collection of blood, urine and stool specimens after consumption of a small amount of labeled folate. Compensation depends on the length of participation and numbers of sample collected throughout the study. A five-month commitment is optimal and the starting date is flexible.

For more information, please contact: Yumei Lin, Ph.D., UC Davis Department of Nutrition, ymlin@ucdavis.edu, (530) 752-6554.

BETA CAROTENE - Volunteers Wanted for β -Carotene Study The UC Davis Nutrition Department and

Lawrence Livermore National Laboratory are seeking volunteers in a nutritional research study on β -carotene. β -carotene occurs naturally in many foods, and serves as a source of vitamin A. The study is designed to learn more about how the body uses β -carotene. Candidates should be between the age 18 – 65 years, non-smokers, have no major medical conditions, and are not taking any medications, supplements or birth control pills. Participants who meet the eligibility requirements may then continue with the main study, which involves the collection of blood, urine and stool specimens after consumption of a small amount of labeled β -carotene ($[^{14}C]$ β -carotene). This study will last for approximately 4 months, involves clinical visits for blood draws by a licensed phlebotomist, and requires an initial 12-hr clinical stay. Compensation is up to \$1400 depending on length of participation. However, we encourage participants to finish the entire study. If you have any questions regarding the study, please feel free to contact Charlene

Ho(cho@ucdavis.edu) or call (530) 752-6554.

CHOCOLATE - Men and Women with High Cholesterol Needed for a Chocolate Study

The UC Davis Nutrition Department is seeking approximately 100 volunteers to participate in a research study to consume a chocolate product containing cocoa procyanidins and phytoosterols. Procyanidins are natural compounds in plant-derived foods and are found in fruits, vegetables, and beverages such as red wine, green and black tea, and cocoa. Phytoosterols 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

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UNDERGRAD SPOTLIGHT



Myra Okialda Nutrition Peer Advisor

Hello! I am Myra Okialda and I'm one of the Nutrition Peer Advisors. I am a third year Clinical Nutrition major with hopes of become a Registered Dietitian. I like the idea of working with people and improving their lifestyles by assisting with their eating habits. In addition to being a peer advisor, I am also involved in the Filipino Association for Health Careers and the Student Nutrition Association.

Current clinical studies

(Continued from page 7)

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. Participation in this study will involve approximately six clinic visits to the UC Davis Nutrition Research facility over approximately 9 weeks. Please call (530) 752-2915, or

visit the web site, <http://cocoa.ucdavis.edu> for more information.

INSULIN - Volunteers Wanted For Insulin Study

The UC Davis Nutrition Department is seeking women with type-1 diabetes between 13-30 years old to participate in an insulin study. The study will be comparing the effects of two different types of insulin treatment on the levels of hormones involved in regulating body weight in people with type-1 Diabetes. Participants will spend a day at UCD Medical Center on 2 occasions (1 week apart), be fed meals appropriate for your caloric needs, have blood samples drawn,

have body fat measured, and receive \$50 for each visit (\$100 total). If you

have any questions or are interested, please contact: Kim Oostema, RD, UC Davis Nutrition Department, (530) 752-6553, koostema@ucdavis.edu.

ASTHMA - Do you have mild to moderate asthma?

Researchers at the UC Davis Nutrition Department and School of Medicine are seeking men and women between the ages of 21 and 50 to participate in a study to see whether magnesium supplementation may have a positive effect on people with asthma. Participants must have asthma that is currently being treated with only inhaled b-agonists and steroid inhalers. Participation in this study lasts for 14 months and requires approximately 20 visits to the General Medicine Research Clinic in Sacramento for testing and treatment. There is no charge to participate in this study, and study-related medications and tests such as lung-function tests, blood tests and a physical examination, will be furnished free of charge. Volunteers who qualify for and participate in the study

Recipe

Bulgar Pilaf with Tomatoes, Chickpeas & Raisins

2 Tablespoons olive oil
1/2 medium onion, chopped
2 large garlic cloves, chopped
1 15-1/2 oz. can diced tomatoes in juice
1 15-1/2 oz. can chickpeas (garbanzo beans) drained
3/4 cup raisins
1/8 teaspoon cinnamon
1/4 teaspoon turmeric (optional)

1 cup vegetable broth
1 cup bulgur (cracked wheat)

Salt & pepper to taste

Heat oil in heavy medium saucepan. Add onion and saute until golden, about 10 minutes. Add garlic, diced tomatoes with juice, chickpeas, raisins and spices. Simmer over medium heat until raisins are tender, about 15 minutes.

Add broth and bring to boil. Add bulgur, reduce heat to simmer, and cook covered until all liquid is absorbed, about 10-15 minutes. Season to taste with salt and pepper and serve.

This recipe serves 2 as a vegetarian main course or 4 as a side dish. It can easily be doubled for more servings.

From Lisa Blackford

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, or visit our website at 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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Sharon Elliott, Ph.D.

I joined the Graduate Group in Nutrition in September 1996 and I received my doctoral degree in September 2002. The focus of my study at U.C. Davis was obesity. One of my goals is to apply the advanced scientific training I have received to a community setting. I want to explore ways to implement population-based strategies for the prevention of obesity in El Dorado County. Eating well and staying active throughout the lifespan are two critical components of this undertaking. In the next five years I will expand the focus and scope of the HP Division to include these important lifestyle issues, with the intent of identifying ways to make healthy choices the easy choices in our community.

I have been the manager of the El Dorado County Public Health Department's Health Promotions (HP) Division since January 2001. My responsibilities include overall policy development, program planning, effective delivery of the Division's scope of work, and fiscal management of a \$1.4 million budget spread over 13 separate cost centers. This position allows me to utilize my degrees in nursing, exercise physiology and nutrition, as well as my previous work experience in corporate wellness and hospital-based community health screening and education. As I write this article, plans for a nation-wide smallpox vaccination program are being unveiled. Public Health Departments across the country are taking the lead in preparing for any potential bioterrorism activities and I am a member of the local team assigned this function.

On a personal note (no pun intended), my newest endeavors include learning to play the piano and taking every opportunity to enjoy my first grandchild – a little girl who will arrive in March. My e-mail address is selliott@co.el-dorado.ca.us; please feel free to contact me.



Paradocs. Sharon Elliott, Ph.D., and her 7-month old kitten, Doc, who slept on Sharon's lap most weekends while she finished her dissertation.

ALUMNI SPOTLIGHT

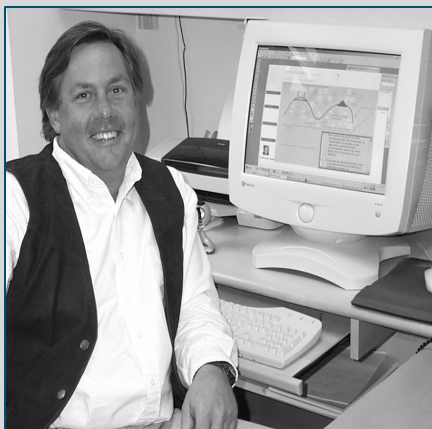
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Dr. Roger McDonald Develops New Online Course

Professor Roger McDonald is developing an interactive multimedia CD to be used by students in a new online course to be offered in 2003. This new course will have an innovative format that will include the use of technology such as animation, videoconferencing, and interactive instructional modules to enhance traditional learning. ☺



*More information about Dr. McDonald is available at:
[http://nutrition.ucdavis.edu/faculty/
mcdonald.html](http://nutrition.ucdavis.edu/faculty/mcdonald.html)*

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