**JAMES E. PAINTER, Ph.D., R.D.**

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South Padre Island, TX, 78597 @DrJimPainter

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**EDUCATION**

05/99 Ph.D. University of Illinois, Urbana, IL

 Human Resource and Family Studies

 Food Science and Human Nutrition

12/90 MS Oklahoma State University, Stillwater, OK

 Food, Nutrition, and Institution Administration

09/81 RD American Dietetic Association

09/80 Internship Western Illinois University, Macomb, IL

12/77 BS Southern Illinois University, Carbondale, IL

 Food & Nutrition

**PROFESSIONAL EXPERIENCE**

07/20 -present John Patrick University, South Bend, IN

 Program Director for the Master’s of Science in Nutrition

08/14-present University of Texas, Houston, School of Public Health

 Adjunct Faculty

6/14-present Eastern Illinois University, Charleston, IL

###  Emeritus Professor, School of Family and Consumer Sciences

01/09-06/13 California Raisin Marketing Board, Fresno, CA

 Director of Nutrition Research

07/12-06/14 Eastern Illinois University, Charleston, IL

 Professor, School of Family and Consumer Sciences

07/07-07/12 Eastern Illinois University, Charleston, IL

 Professor & Chair, School of Family and Consumer Sciences

08/03-07/07 Eastern Illinois University, Charleston, IL

 Associate Professor & Chair, School of Family and Consumer Sciences

03/07 – 07/07 Eastern Illinois University, Charleston, IL

 Acting Director of Child Care Resource and referral

03/06 – 07/06 Eastern Illinois University, Charleston, IL

 Acting Director of Peace Meal Senior Nutrition Program

09/99 – 08/03 University of Illinois, Urbana, IL

 Assistant Professor in Food Science & Human Nutrition

09/91 - 09/99 University of Illinois, Urbana, IL

 Instructor in Hospitality Management

09/91-09/99 Manager of the Quantity Foods & Restaurant Lab facilities

 University of Illinois, Urbana, IL

09/91-present Nutrition Consultant

 Charleston, IL

07/82 - 09/91 Oral Roberts University Village Retirement Center Tulsa, OK

 Marriott Corporation Contract Services,

 Director of Food Service/Chief Clinical Dietitian

07/81 - 07/82 City of Faith Hospital, Tulsa, OK

 Saga Corporation

 Clinical Dietitian (R.D.)

09/80 - 07/81 Bryan Memorial Hospital, Durant, OK

 Director of Food Service

03/78 - 03/79 His Way, Inc., San Francisco, CA

 Supervisor of Food Service

**ADVISORY BOARD/ADVISORY PANEL/CONSULTANT**

2018 - Present Nutrition Advisor Sugarwise

2017 - Present United Sorghum Checkoff Board Consultant

2017 – 2018 Del Monte Foods, Inc. Consultant

2017 - 2018 Sugarwise US Chair

2017 – 2018 Chick-fil-A Strategic Advisory Board

2017 - 2019 American Heart Association Healthier Diet Business Committee

2016 – 2018 Bush’s Best Consultant

2015 - 2017 American Heart Association Eat Well Task Force Advisory Panel

2015 – 2017 TreeTop Growers Consultant

2012 - 2016 Davidson’s Safest Choice Eggs Consultant

2010 - 2013 Director of Nutrition Research, Scientific Nutrition Research Panel

 California Raisin Marketing Board, Fresno California

2009 – 2018 National Dairy Council Advisory Panel

2013 - 2020 Sun-Maid Raisins, Fresno, CA

2008 - 2014 Scientific Advisory Board

 Paramount Farms, Los Angeles, CA

2008-2011 Disney College Program Advisory Board

 Orlando, FL

 2007-2009 Scientific Advisory Board

 White Wave, Soy Silk, Denver, Co

 2003-2005 Scientific Advisory Board

 Circle Group Inc., Mundelein, IL

 2001-2002 Member of the Board of Directors

 Buffalo Ridge Hospitality and Retreat Center, Ottowa, KS

2001-2002 Standard Process Inc., Palmyra, WI (consultant)

1999-2001 Warner Lambert, Morristown, NJ (consultant)

1996-2000 Southern Cooking and Catering Company, Urbana, IL (consultant)

1996-2000 Geriatric Consultants & Care Managers, Champaign, IL (consultant)

1998-1999 Cookies by Design, Springfield, IL (consultant)

1993-1994 Decatur Park District, Decatur, IL (consultant)

1986-1990 Marriott Corporation, Tulsa, OK (consultant)

1981 Hospital Affiliates International, Durant, OK (consultant)

**PROFESSIONAL ASSOCIATIONS**

American Society for Nutrition 2017-Present

Illinois Association of Family and Consumer Sciences

 2004-2007 Colleges and Universities representative to the board

Council of Administrators in Family and Consumer Sciences

 2007-2009 Nominating Committee

 2008-2009 Vice-President

 2007-2008 Vice-President elect

American Association of Family and Consumer Sciences

 2005-2007 Higher Education Unit (HEU) Nominating Committee

 2005-2007 Public Policy Committee

Society for Nutrition Education

Gamma Sigma Delta national honor society

American Dietetic Association 1981 - 2017

Oklahoma Dietetic Association as of 1980

Illinois Dietetic Association as of 1991

Eastern Illinois Dietetic Association (EIDA)

 2003-2004, President

**HONORS & AWARDS**

2010 Paul Overton Award

2009 Continuing Education Directors Award

2006 Commencement Marshal

1991-2003 Listed each year on the List of Teachers Ranked as Excellent by Their Students.

1998 College of ACES Professional Staff Award for Excellence, Innovation and Creativity

1995 Outstanding Teacher Award Panhelenic Council

1993 Francis Lafont Teaching Enhancement Award

1991 Outstanding Service Recognition Award, Marriott Corporation

1990 Certificate of Appreciation for Outstanding Service to the Developmentally Disabled, Employment Resources Inc.

1986 Recognition Award for Dedication to the Saga Way, SAGA Corporation

**I.) RESEARCH & SCHOLARLY ACTIVITIES**

**INTERNATIONAL MEETINGS & PROFESSIONAL PRESENTATIONS**

4/16/18 World Food Innovation Summit, Amsterdam, Netherlands

 *Formulating Cleaner Labels: Raisins as a Sugar Substitute*

5/22/17 World Food Innovation Summit, Amsterdam, Netherlands

 *Raisins –A Natural Sugar Substitute*

1/24/17 National Institute of Nutrition, Hyderabad, India

 *Finding Truth in the Failed Theories of Heart Disease*

5/26/16 Korea Dietetic Association, Seoul, Korea

 *No Sugar Added Dried fruits Benefits For Type II Diabetes*

5/24/16 China Media Meeting, Bejing, China

 *California Raisins: Naturally Sweet, Naturally Healthy*

 6/9/15 International Symposium on Diabetes and Nutrition, Toronto, ON

 *Raisin Intake, Glycemic Control and Other Cardiovascular Disease Risk Factors*

 5/3/14 Alberta Dietitians, Edmonton, Alberta

*Food Matters: Sensual Nutrition*

 10/19/13 Canadian Society of Exercise Physiologists, Toronto, Ontario

*Sensual Nutrition*

06/14/13 Dietitians of Canada, Victoria, Canada

 *Seductive Nutrition*

06/1-7/13 Korea and China Press Tour, Seoul, Korea and Beijing, China

 *The Pistachio Principle*

01/26/12 Mount Saint Vincent University from the Canadian Obesity Network, Nova Scotia, Canada

 *Food Psychology*

05/31/11 Dairy Farmers, Manitoba

 *Food Psychology*

05/24/11 Diabetes Educators Endocrinology Retreat, Montreal, Canada

 *Food Psychology and International Food Guides*

03/17/11 Paramount Farms, Potsdam, Germany

 *The Pistachio Principle*

03/14/10 Apicius, the Culinary Institute of Florence, Italy

 *Introduction to Italian wine*

02/09/10 Annual Nutrition File™ Seminar, Calgary Canada

 *Mindless eating: Why we eat more than we think we do*

02/10/10 Annual Nutrition File Seminar, Edmonton, Canada

 *Mindless eating: Why we eat more than we think we do*

10/01/09 Center for Trans-Atlantic Studies, Middelburg, Netherlands

 *International Food Guides Discussions*

07/03/09 Apicius the Culinary Institute of Italy, Florence, Italy

 *Introduction to Italian Wines and Wine Tasting*

12/12/08 Marketing of Soy Products

 Bhopal, India

06/01/08 Apicius the Culinary Institute of Italy, Florence, Italy

 *Introduction to Italian Wines and Wine Tasting*

09/19/05 University of Western Cape, Cape Town, South Africa

 *Nutrition and Health*

09/15/05 University of Pretoria, South Africa

 *Opportunities in FCS*

 11/22/04 Glamorgan University, Cardif, Wales

 Presentation to the international office regarding student exchange

06/10/04 Apicius, the Culinary Institute of Florence, Florence, Italy

 Presentation to faculty regarding faculty exchange with EIU

02/13/04 Apicius, the Culinary Institute of Florence, Florence, Italy

 *Factors Affecting Food Selection and Consumption*

02/13/04 University of Florence, Florence, Italy

 *Food Psychology*

10/01/03 XIII Congress of Latin American Nutrition, Acapulco, MX.

*Comparison of Food Guide Graphics from Latin-America, Europe & Asia.*

08/27/01 17th. International Congress of Nutrition, Vienna Austria.

*Comparison of International Food Guide Pictorial Representations.*

08/28/01 17th. International Congress of Nutrition, Vienna Austria.

*Comparing Popular High Protein Diets: Theories and Macronutrient*

 *Composition.*

08/29/01 17th. International Congress of Nutrition, Vienna Austria.

*Effects of Visibility and Proximity of Food on Food Consumption.*

05/11/01 University of Huddersfield, Huddersfield, UK

 Presentation to the hospitality faculty regarding student exchange

08/06/00 International Conference on Advances in Infrastructure for Electronic

 Business, Science, and Education on the Internet. L’Aquila, Italy.

 *A Survey of Nutrition Education Programs on the Web: Comparing Animation*

 *vs Text Only Applications*.

**INVITED PEER REVIEWED PROFESSIONAL LECTURES**

2/16/22 Amercian Dairy Association North East (ADANE), virtual conference

 *Making Sense of Saturated Fat in a Heart-Healthy Diet: Does Whole-Fat Dairy Fit?*

11/11/21 Missouri Academy of Nutrition & Dietetics Annual Conference, virtual conference

 *Building Up the Immune System Ahead Of the Next Variant*

4/30/21 Oregon American Association of Diabetes Educators, virtual conference

*Low Carbohydrate Diets: Just Another Fad or a New Course of Action to Counter the Diabetes Epidemic? & Supplements and Micronutrients for Diabetes Care: Which Work and Why?*

4/14/21 California Academy of Nutrition & Dietetics, virtual conference

 *What’s Is Your Fasting IQ? The Science Behind Fasting*

3/26/21 Alabama Academy of Nutrition & Dietetics, virtual webinar

 *Finding Truth in the Failed Theories of Heart Disease*

3/19/21 Reasons to Believe Vancouver Faculty Monthly Conference, webinar

 *Do Nutrition Scientists and the Bible Agree on What Constitutes a Healthy Diet?*

2/25/21 Nutritionist Dietitians Association of the Philippines Annual Convention, webinar

 *Nutrition: Where the Experts Agree! The Starting Place for a Healthy Diet*

12/2/20 Reasons to Believe University of Georgia, virtual webinar

 *Do Nutrition Scientist and the Bible Agree on What Constitutes a Healthy Diet?*

11/11/20 Wegmans Registered Dietitian Webinar, virtual webinar

 *Milk vs. Milk Alternatives and Other Dairy Dilemmas Consumers Face*

10/27/20 Alabama Association of Pediatrics Fall Conference, Birmingham, AL

*Is Dairy Fat a Cuase of Heart Disease? If Not, What Is?, Research Update: Dairy’s Role in Health Across the Lifespan*

9/14/20 Southern Public Relations Federation, virtual conference

*Staying Healthy With a Career in Public Relations, Mental Clarity and Whole Body Health with Fasting, Low-Carb and Anti-inflammatory Eating*

7/21/20 Mississippi Association of Family Physicians Annual Conference, virtual conference

 *What’s the Science Behind Fasting and Low Carbohydrate Diets?*

4/23/20 Kansas Nutrition Council Conference, virtual conference

 *What’s Your Carbohydrate IQ?*

2/21/20 Ada County Medical Society 2020 Winter Clinics, McCall, ID

 *Let’s Eat Mindfully!*

1/30/20 Orgain Professional Education Series Webinar

 *Nutrition Principles Where All the Diet Doctors Agree.*

1/28/20 Montana Association of Family Physicians Conference, Kalispell, MT

*What’s the Science Behind Carbohydrates and Fasting? Finding Truth in the Failed Theories of Heart Disease*

11/14/19 Indiana School Nutrition Association 2019 Conference, French Lick, IN

*Nutrition in Disguise: Enticing Children To Choose Foods With Benefits, Nutrition Principles Where the Experts Agree! The Starting Place for a Healthy Diet*

10/22/19 Dairy Council of Arizona Targeting Trends, Phoenix, AZ

*Research Update: Dairy's Role in Health Across the Lifespan, Finding Truth in the Failed Theories of Heart Disease*

10/17/19 Mississippi Public Health Association Annual Public Health Conference 2019, Jackson, MS

*Finding Truth in the Failed Theories of Heart Disease, Trusting Your Gut Instinct: Gut Microbiome and Your Health*

9/26/19 The Council of Urban Boards of Education Annual Conference, Houston, TX

 *Nutrition in Disguise: Enticing Children To Choose Foods With Benefits,*

9/23/19 Association of Correctional Food Service Affiliates Annual Int. 2019 Conference, Memphis, TN

 *Nutrition: Where the Experts Agree! The Starting Place for a Healthy Diet*

9/13/19 North Carolina Academy of Nutrition & Dietetics 2019 Conference, Asheville, NC

 *Food Psychology: Why We Eat More Than We Think*

9/7/19 International Baking Industry Exposition (IBIE) 2019, Las Vegas, NV

 *Creating Sweet Treats In Spite of the New FDA’s Sugar Labeling Laws*

8/19/19 The Flavor Experience 2019 Conference, Newport Beach, CA

*Creating Sweet Treats Under the New Sugar Labeling Law, Whole Foods For the Whole Person For the Whole Planet.*

8/9/19 American Association of Diabetes Educators 2019 Conference, Houston, TX

*Supplements and Micronutrients for Diabetes Care: Which Work and Why?, What’s Your Carb IQ?*

7/21/19 Mississippi Family Physicians 2019 Summer Conference, West Miramar Beach, FL

*10 Foods to Reduce the Risk of Heart Disease, Research Update: Dairy’s Role in Health Across the Lifespan*

7/14/19 School Nutrition Association: Annual National Conference 2020, St. Louis, MO

 *Food Fact vs. Fiction: Paleo, Keto, Vegan, Vegetarian. What is the Truth & Why?*

6/26/19 IDEA World Convention 2019, Anaheim, CA

 *What’s Your Carbohydrate IQ?*

6/2/19 IFT 2019 Annual Event & Food Expo, New Orleans, LA

 *2020 Vision: Science Communication Challenges For the New Decade*

5/19/19 Today’s Dietitian Symposium 2019, Scottsdale, AZ

 *What’s Your Carb IQ? The Science Supporting Low-Carb Diets*

5/17/19 Idaho Academy of Family Physicians Conference, McCall, ID

*Finding Truth in the Failed Theories of Heart Disease, 10 Foods to Reduce the Risk of Heart Disease*

5/16/19 Dairy West Lunch and Learn, Meridian, ID

 *Added Sugar: Friend or Foe? Applications for the WHO/FDA Guidelines*

4/6/19 West Virginia Association of Family Physicians Seminar, Charleston, WV

*Diabetes, Heart Disease, and Hypertension: What is the Recent Science Saying About Dairy?*

3/21/19 Mississippi Academy of Nutrition and Dietetics Annual Conference, Pearl, MS

*What’s New in Heart Health, Update on Supplementation for Diabetes, Inflammation and More!*

3/14/19 Research Chefs Association Conference, Louisville, KY

 *Applications for the FDA’s Sugar Labeling Laws*

3/6/19 Forward Food Leadership Summit, Ann Arbor, MI

*Nutrition Where the Experts Agree! The Starting Place For a Healthy Diet!*

1/31/19 South Dakota Association of Family Physicians Winter Seminary, Deadwood, SD

*Research Update: Dairy’s Role in Health Across the Lifespan, Finding Truth in the Failed Theories of Heart Disease: The Rest of the Story*

1/7/19 Hillsborough County Public Schools Student Nutrition Managers Meeting, Tampa, FL

*Finding Truth in the Failed Theories of Heart Disease, Nutrition Where the Experts Agree! The Starting Place For a Healthy Diet!*

11/9/19 17th Annual Cardiovascular, Diabetes and Obesity Conference, Montgomery, AL

 *Cardiovascular Disease and Diet Update, Heart Health: Saturated and Unsaturated Fats*

10/30/18 Pennsylvania Nutrition Educators Network Webinar

*What Do you Say When a Participant Asks Which Fats are Good and Is Added Sugar Bad?*

10/9/18 California Academy of Nutrition and Dietetics, Northern Area District Webinar

 *Fats in Vogue, Wheat Woes, Uh-oh GMOs*

9/24/18 Food Evolution Summit, San Diego, CA

 *Strike Gold with Sorghum Supergrain!*

9/18/18 Association of Correctional Food Service Affiliates, Norfolk, VA

*Nutrition by Stealth: Creating Dishes that are Nutritious and Taste Good, Lettuce Go Meatless: Sorghum the “New” Ancient Grain!*

9/5/18 Prepared Foods Webinar

 *Strike Snacking Gold with Sorghum Super Grain!*

8/17/18 California WIC Northeast Los Angeles, Granada Hills, CA

*Food Psychology: Why We Eat More Than We Think, Comparing Weight Loss Diets: the Truth Behind the Hype, Herbal Supplements: Which Ones Work & Why?*

8/6/18 Hillsborough Pre-School Training Meeting, Tampa, FL

*Food Psychology: Why We Eat More Than We Think, 10 Foods to Reduce the Risk of Heart Disease*

7/17/18 Arizona Department of Health Services Employee Education, Phoenix, AZ

7/16/18 National Institute of Food Technologists 2018 Conference, Chicago, IL

7/9/18 National School Nutrition Association, Las Vegas, NV

 *Nutrition Smackdown*

6/28/18 Baptist Health Primary Care Symposium, Key Largo, FL

 *10 Foods to Reduce the Risk of Heart Disease*

6/11/18 Kentucky School Nutrition Association 2018 Annual Conference, Louisville, KY

 *10 Foods to Reduce the Risk of Heart Disease, Food Psychology: Why We Eat More than We Think, Finding Truth in the Failed Theories of Heart Disease, Sensory Nutrition: Enticing Children to Choose Foods with Benefits*

6/5/18 North Dakota School Nutrition Association Annual Conference, Bismark, ND

*Current Issues: Fats in Vogue, Wheat Woes, Uh-oh GMOs, Finding Truth in the Failed Theories of Heart Disease, Added Sugar: Friend or Foe*

5/4/18 Hawaii Academy of Nutrition & Dietetics 2018 Conference, Honolulu, HI  *10 Foods to Reduce the Risk of Heart Disease, Food Psychology: Why We Eat More than We Think*

5/3/18 California Academy of Nutrition & Dietetics 2018 Conference, Pomona, CA

 *Applications for the FDA’s Added Sugar Labeling Laws*

5/2/18 Pennsylvania Nutrition Educator’s Network, Pocono Manor, PA

 *Let’s Eat Mindfully, Applications for the FDA’s Added Sugar Labeling Laws*

5/1/18 California WIC Annual Conference, San Diego, CA

 *Heart-Healthy Foods in Vogue, Added Sugars, Wheat Woes*

4/27/18 Delaware Academy of Nutrition & Dietetics Annual Conference, Dover Downs, DE

 *Don’t Sugar Coat It: Applications for the FDA’s Added Sugar Labeling Laws*

4/19/18 Arizona Academy of Nutrition & dietetics Annual Conference, Little Rock, AR

 *Finding Truth in the Failed Theories of Heart Disease*

4/9/18 Louisiana Academy of Nutrition & Dietetics 2018 Conference, Baton Rouge, LA

 *Let’s Eat Mindfully, Don’t Sugar Coat It: Applications for the FDA’s Added Sugar Labeling Laws, Finding Truth in the Failed Theories of Heart Disease*

3/29/18 Kansas Nutrition Council Annual Conference, Manhattan, KS

 *Finding Truth in the Failed Theories of Heart Disease, What’s New in Wholesome Whole-Grain, Gluten-Free Cooking*

3/25/18 Midwest NACUFS Regional Conference, Madison, WI

 *Psychology of Ordering in the Dining Environment: Why We Eat More Than We Think*

3/4/18 Menu Directions 2018 Conference, New Orleans, LA

 *What’s New in Wholesome Whole-Grain, Gluten-Free Cooking*

2/8/18 Mary Greenley Medical Center, Ames, IA

 *Current Issues: Fats in Vogue, Wheat Woes, Uh-oh GMOs, Let’s Eat Mindfully!*

1/25/18 South Dakota Family Physicians Association Annual Conference, Deadwood, SD

 *Finding Truth in the Failed Theories of Heart Disease*

12/7/17 Northern California Academy of Nutrition & Dietetics, webinar

 *Food Psychology: Why We Eat More Than We Think*

11/17/17 16th Annual Diabetes, Cardiovascular and Obesity Conference, Montgomery, AL

 *10 Foods to Reduce the Risk of Heart Disease*

10/22/17 South Suburban Dietetic Association Meeting, Chicago, IL

*Food Psychology: Why We Eat More than We Think, Dairy & Your Health*

10/7/17 Midwest Dairy Council Meeting, St. Paul, MN

 *Dairy Fat: The Cream of the Crop*

10/6/17 Michigan Academy of Nutrition & Dietetics, Livonia, MI

 *Added Sugar: Friend or Foe?*

10/3/17 Iowa Academy of Nutrition & Dietetics, Ames, IA

 *Applications for the FDA’s Sugar Labeling Laws*

9/11/17 Food Evolution Summit, Indian Wells, CA

 *Raisins –A Natural Sugar Substitute*

9/10/17 New Products Conference, Denver, CO

 *Applications for the FDA’s Sugar Labeling Laws*

8/1/17 Prepared Foods R&D Conference, Lombard, IL

 *Applications for the FDA’s Sugar Labeling Laws*

7/31/17 Mehlville Back to School Seminar, St. Louis, MO

*Food Psychology: Why We Eat More than We Think, Finding Truth in the Failed Theories of Heart Disease, 10 Foods to Reduce Your Risk of Heart Disease*

7/20/17 Idea World Conference, Las Vegas, NV

 *Food Psychology: Why We Eat More than We Think*

7/18/17 Office of Family and Child Services All Staff Conference, Pierre, SD

 *Food Psychology: Why We Eat More than We Think, Herbal Supplements: Which Ones Work and Why, Added Sugar: Friend or Foe*

7/9/17 School Nutrition Association Annual National Conference, Atlanta, GA

*Nutrition in Disguise: Enticing Children to Choose Foods with Benefits, Current Issues: Fats in Vogue, Wheat Woes, Uh-oh GMOs*

6/30/17 Baptist Health Florida Conference, Marco Island, FL

 *Finding Truth in the Failed Theories of Heart Disease*

6/29/17 Dairy Council of Florida Summer Board Meeting, Lido Key, FL

 *Barriers for Health Professionals on Nutrition*

6/21/17 Today’s Dietitian Webinar

 *Eating Mindfully!*

6/14/17 JM Smucker Customer Appreciation Meeting, Orrville, OH

 *Let’s Eat Mindfully!*

6/6/17 New Mexico School Nutrition Association, Albuquerque, NM

 *Food Psychology: Why We Eat More than We Think, Nutrition in Disguise: Enticing Children to Choose Foods with Benefits*

6/5/17 Arizona School Nutrition Association, Sedona, AZ

 *Food Psychology: Why We Eat More than We Think, Added Sugar: Friend or Foe?*

5/11/17 West Virginia Academy of Nutrition & Dietetics, Huntington, WV

 *Finding Truth in the Failed Theories of Heart Disease*

5/6/17 Delaware School Nutrition Association, Dover, DE

 *Food Psychology: Why We Eat More than We Think, Nutrition in Disguise: Enticing Children to Choose Foods with Benefits*

5/5/17 Hawaii Academy of Nutrition & Dietetics, webinar

 *Finding Truth in the Failed Theories of Heart Disease*

5/4/17 Michigan Academy of Nutrition & Dietetics, Grand Rapids, MI

*Finding Truth in the Failed Theories of Heart Disease, 10 Foods to Reduce Your Risk of Heart Disease*

5/3/17 Cooper Wellness Summit, Napa, CA

 *Where Does Food Come From?*

4/26/17 Minnesota Academy of Nutrition & Dietetics, Brooklyn, MN

*Finding Truth in the Failed Theories of Heart Disease, 10 Foods to Reduce Your Risk of Heart Disease*

4/24/17 Vermont Academy of Nutrition & Dietetics, Burlington, VT

 *Finding Truth in the Failed Theories of Heart Disease*

4/20/17 Florida School Nutrition Association, Orlando, FL

 *Food Psychology: Why We Eat More than We Think, Nutrition in Disguise: Enticing Children to Choose Foods with Benefits*

4/19/17 Tree Top Growers Broker Meeting, Selah, WA

 *Fruit: Benefits & Formulating Cleaner Labels*

4/12/17 Indiana Academy of Nutrition & Dietetics, Fishers, IN

 *Finding Truth in the Failed Theories of Heart Disease, Food Psychology: Why We Eat More than We Think*

4/7/17 Connecticut Academy of Nutrition & Dietetics, Branford, CT

*Finding Truth in the Failed Theories of Heart Disease, 10 Foods to Reduce Your Risk of Heart Disease*

4/1/17 Missouri Academy of Nutrition & Dietetics, Columbia, MO

 *Finding Truth in the Failed Theories of Heart Disease, Sensual Nutrition: Enticing Consumers to Choose Foods with Benefits*

3/15/17 Southern NACUFS Regional Conference, Santa Fe, NM

 *Food Psychology: Why We Eat More than We Think*

3/10/17 Chick-Fil-A Nutrition Council Meeting, Atlanta, GA

 *Food Psychology: Why We Eat More than We Think*

2/23/17 Florida Osteopathic Medical Association, Westin, FL

 *Dairy and Your Health*

2/22/17 Western Michigan Academy of Nutrition & Dietetics, Grand Rapids, MI

 *Saturated Fat and Heart Disease: Oh the Controversies!, Added Sugar: Friend or Foe?*

2/22/17 Gordon Foodservice Headquarters, Wyoming, MI

 *Saturated Fat and Heart Disease: Oh the Controversies!*

2/9/17 CI Living TV, Champaign, IL

 *Health Benefits of Wine and Chocolate*

2/8/17 Best of National School Nutrition Industry Conference webinar

*Current Issues: Fats in Vogue, Wheat Woes, Uh-oh GMOs*

1/22/17 National School Nutrition Industry Conference, Orlando, FL

 *Current Issues: Fats in Vogue, Wheat Woes, Uh-oh GMOs*

1/12/16 Technomic Consumer Insight Planning Conference, Newport Beach, CA

 *Finding Truth in Consumer Health Perceptions –and Misperceptions*

11/16/16 Michigan National Association Directors of Nursing Administration, Acme, MI

 *Finding Truth in the Failed Theories of Heart Disease*

11/10/16 California School Nutrition Association Annual Conference, Anaheim, CA

 *Sensual Nutrition: Enticing Students to Choose Foods with Benefits*

11/1/16 Iowa Academy of Nutrition and Dietetics, Ames, IO

 *Updates to the Nutrition Care Manual Dyslipidemia Section*

10/29/16 Midwest Dairy Council Culinary Experience, Chicago, IL

 *Dairy Fat*

10/27/16 Missouri WIC Annual Conference, St. Louis, MO

*Food Psychology: Why We Eat More than We Think, Finding Truth in the Failed Theories of Heart Disease, Added Sugar: Friend or Foe?*

10/13/16 Davidson’s Safest Choice Eggs Webinar

 *Protein, Eggs and Diabetes: Current Research*

10/8/16 International Baking Industry Exposition, Las Vegas, NV

 *Current Issues: Fats in Vogue, Wheat Woes, Uh-oh GMOs*

9/21/16 South Dakota Academy of Nutrition and Dietetics, Sioux Falls, SD

*Food Psychology: Why We Eat More than We Think, Finding Truth in the Failed Theories of Heart Disease*

9/14/16 Midwest Dairy Webinar

 *Dairy Milk: the Cream of the Crop, the Truth about the Milk Alternatives*

8/16/16 Prepared Food Research & Development Conference, Lombard, IL

 *Apples: Formulating Cleaner Labels with Natural Sugars*

8/12/16 American Association of Diabetes Educators, San Diego, CA

 *Psychology: Why We Eat More than We Think*

8/8/16 The Flavor Experience, Newport Beach, CA

 *Whole Foods + Whole Fat =Whole Flavor*

7/10/16 National School Nutrition Association Conference, San Antonio, TX

 *Food Psychology: Why We Eat More than We Think*

6/23/16 American Association of Family & Consumer Sciences, Bellevue, WA

 *Food Psychology: Why We Eat More than We Think*

6/2/16 Montana Academy of Nutrition & Dietetics, Bozeman, MT

*Food Psychology: Why We Eat More than We Think, Finding Truth in the Failed Theories of Heart Disease*

5/19/16 Entegra Webinar

 *Cholesterol: How We Were So Wrong for So Long*

5/12/16 Cooper Companies Annual Wellness Summit, Napa, CA

*Food Psychology: Why We Eat More than We Think, Finding Truth in the Failed Theories of Heart Disease*

5/10/16 Michigan WIC Annual Conference, Traverse City, MI

*Food Psychology: Why We Eat More than We Think, Current Issues: Fats in Vogue, Wheat Woes, Uh-oh GMOs!*

5/5/16 Ohio Health Care Association, Columbus, OH

 *Finding Truth in the Failed Theories of Heart Disease*

5/2/16 Pennsylvania Nutrition Education Network Conference, Harrisburg, PA

 *Finding Truth in the Failed Theories of Heart Disease, Health Benefits of Wine and Chocolate*

4/25/16 New Mexico Academy of Nutrition and Dietetics Conference, Santa Fe, NM

*Finding Truth in the Failed Theories of Heart Disease, 10 Foods to Reduce Your Risk of Heart Disease*

4/21/16 California Academy of Nutrition and Dietetics Annual Conference, Ontario, CA

 *Current Issues: Fats in Vogue, Wheat Woes, Uh-Oh GMOs*

4/17/16 WIC Association of New York State Annual Conference, Niagra, NY

*Updates to the Nutrition Care Manual Dislipidemia Section,*  *Food Psychology: Why We Eat More Than We Think, Herbal Supplements: Which Ones Work and Why*

4/13/16 Louisianna Academy of Nutrition and Dietetics Conference, Baton Rouge, LA

 *Updates to the Nutrition Care Manual Dislipidemia Section*

3/30/16 Saskatoon Home Economics Memorial Presentation, Saskatoon, ON

 *Sensual Nutrition, Food Psychology: Why We Eat More Than We Think*

3/28/16 National Association of College & University Food Services (NACUFS) West Chapter, Cour d’Alane, ID

*Finding Truth in the Failed Theories of Heart Disease, 10 Foods to Reduce Your Risk of Heart Disease*

3/24/16 Utah Academy of Nutrition and Dietetics, Ogden, UT

*Updates to the Nutrition Care Manual Dislipidemia Section, Food Psychology: Why We Eat More Than We Think*

3/20/16 Oldways Supermarket Dietitian Symposium, New Orleans, LA

 *Prevention and Treatment of Heart Disease*

3/17/16 Ohio Association of Family and Consumer Sciences, Dublin, OH

*Finding Truth in the Failed Theories of Heart Disease, 10 Foods to Reduce Your Risk of Heart Disease*

3/10/16 Southern California International Food Technologists, Anaheim, CA

 *Current Issues: Fats in Vogue, Wheat Woes, Uh-oh GMOs!*

3/9/16 National Association of College & University Food Services (NACUFS) Midwest Chapter, Columbus, OH

 *Finding Truth in the Failed Theories of Heart Disease*

 2/29/16 Menu Directions, Jacksonville, FL

 *Current Issues: Fats in Vogue, Wheat Woes, Uh-oh GMOs!*

 2/23/16 Davison’s Safest Choice Eggs webinar,

 *Dietary Cholesterol: How Were We So Wrong for So Long*

12/2/15 Dairy Max Meeting, Houston, TX

 *Dairy Milk: the Cream of the Crop: The Truth about Milk Alternatives*

11/17/15 14th Annual Diabetes and Obesity Conference, Montgomery, AL

*Finding Truth in the Failed Theories of Heart Disease* and *Sensual Nutrition: Enticing Consumers to Choose Foods with Benefits*

11/14/15 Dairy Max Meeting, San Antonio, TX

 *Dairy Milk: the Cream of the Crop: The Truth about Milk Alternatives*

11/5/15 California School Nutrition Association, Ontario, CA

 *Food Psychology: Why We Eat More than We Think*

11/4/15 Iowa Academy of Nutrition and Dietetics, Coralville, IA

 *Finding Truth in the Failed Theories of Heart Disease*

10/27/15 Massachusetts School Nutrition Association, Worcester, MA

 *Sensory Nutrition: Taste, Smell and Visualize –Enticing Consumers to Choose Foods with Benefits*

10/15/15 New York School Nutrition Association, Niagara, NY

 *Food Psychology, Sensual Nutrition*

9/27/15 Prepared Foods: New Products Conference, West Palm Beach, FL

 *Good Fats, Bad Carbs: What’s Next? What do I Eat?*

8/29/15 Next Level Summit Food Evolution Summit, San Antonio, TX

 *Sensual Nutrition: Health by Stealth*

8/4/15 Prepared Foods R&D Seminar, Rosemont, IL

*Food Psychology: Why We Eat More Than We Think & Sensual Nutrition: Enticing Consumers to Choose Foods with Benefits*

7/28/15 Washington State School Nutrition Association, Vancouver, WA

 *Sensual Nutrition: Enticing Consumers to Choose Foods with Benefits*

7/12/15 Florida Academy of Nutrition and Dietetics Annual Conference, Orlando, FL

 *Finding Truth in the Failed Theories of Heart Disease*

6/1/15 National Soybean Research Laboratory, Champaign, IL

 *Consumer Perceptions of Soy*

5/30/15 National Soybean Research Laboratory 2015 INTSOY, Champaign, IL *Consumer Perceptions of Soy*

5/4/15 Public Health Management, King of Prussia, PA

 *Food Psychology: Why We Eat More Than We Think*

4/28/15 Ohio Healthy Care Association Annual Convention, Columbus, OH

 *Finding Truth in the Failed Theories of Heart Disease*

4/25/15 Memorial Cancer Institute, Region Hospital, Hollywood, FL

 *Foods that Reduce Cancer Risk*

4/15/15 Nebraska Academy of Nutrition and Dietetics, Kearney, NE

 *Finding Truth in the Rubble of Failed Theories of Heart Disease*

4/10/15 California Academy of Nutrition and Dietetics, Riverside, CA

 *10 Foods to Reduce the Risk of Heart Disease*

4/9/15 Texas Academy of Nutrition and Dietetics 2015 FNCE, Houston, TX

 *Finding Truth about the Failed Theories of Coronary Heart Disease Etiology*

4/1/15 Rock Valley College, Rockford, IL

 *Finding Truth in the Failed Theories of Heart Disease*

3/23/15 Supermarket RD, St. Petersburg, FL

*Finding Truth in the Failed Theories of Heart Disease, Sensual Nutrition*

3/5/15 South Carolina Academy of Nutrition and Dietetics, Columbia, SC

 *International Food Guides*

3/2/15 Menu Directions, Nashville, TN

 *Sensual Nutrition*

1/28/15 FarmTech Conference, Edmonton, Alberta

*Food Psychology: Why We Eat More Than We Think*

12/6/14 Sun-Maid Growers of California Annual Conference, Fresno, CA

 *Recent Updates in Raisin Research*

 12/5/14 ExxonMobil Global Services Company, Anchorage, AK

*Food Psychology: Why We Eat More Than We Think, and Top 10 Heart-Healthy Foods, & Sensual Nutrition: Healthy by Stealthy*

 12/2/14 Central Illinois Academy of Nutrition and Dietetics, Bloomington, IL

 *Food Psychology: Why We Eat More Than We Think*

 11/25/14 University of Brownsville, Brownsville, TX

 *Food Psychology: Why We Eat More Than We Think*

 11/20/14 American Academy of Pediatrics, Las Vegas, NV

 *Sensual Nutrition: Healthy by Stealth*

 11/13/14 Connecticut Academy of Nutrition and Dietetics, Waterbury, CT

*Food Psychology: Why We Eat More Than We Think*

11/7/14 American Association of Diabetes Educators, Bloomington, IL

 *Truth about Fats and Sweeteners*

10/19/14 Missouri WIC Association, Columbia, MO

*Comparing Weight Loss Diets: the Truth behind the Hype, Food Psychology: Why We Eat More than We Think*

10/16/14 California Foundation for Agriculture in the Classroom, Santa Cruz, CA

 *Sensual Nutrition: Healthy by Stealth*

10/7/14 SupplySide West, Las Vegas, NV

 *Sensual Nutrition: Healthy by Stealth*

9/15/15 Dairy Council of Florida, Tampa, FL

 *The Wellness Impact: Enhancing Academic Success through Healthy School Environments*

9/16/14 Next Level Summit, Palm Springs, CA

 *The Health Aspects of Raisins*

8/6/2014 Prepared Foods 2014 R& D Seminar, Chicago, IL

*Heart Healthy Demo*

7/31/2014 Let’s Talk Dairy Program: St. Louis Dairy, Bloomington, IL

*Added Sugar Friend or Foe*

7/30/2014Eurest, Chicago, IL

*Sensual Nutrition*

7/28/2014 Washington State School Nutrition, Spokane, WA

*Portion Size Me*

7/15/2014 Massachusetts School Nutrition Association, Boston, MA

*Reducing Added Sugar and Sodium by Use of Sun-Maid Products*

7/13/2014 Florida Academy of Nutrition and Dietetics, Ft. Lauderdale, FL

*Sensual Nutrition*

6/25/2014 National Aging in the Classroom Organization, Hershey, PA

*Foods to Reduce Heart Disease*

6/2/2014 National Soybean Research Laboratory, Champaign, IL

*Consumer Perceptions of Soy*

5/22/2014 Amerinet Conference, Las Vegas, NV

*Mindful Eating*

4/24/2014 Iowa Dietetics, Des Moines, IA

*Herbal Supplement: Which ones Work and Why*

4/23/2014 SIRCLE, Quincy, IO

*Food Psychology & Sensual Nutrition*

4/16/2014 Indiana Dietetic Association, Indianapolis, IN

*Portion Size Me, Sensual Nutrition*

4/10/2014 Missouri Dietetic Association, St Louis, MO

*Herbal Supplements*

4/5/2014 California Dietetic Association, Pomona, CA

*Sensual Nutrition*

4/4/2014 National Association of College & University Food Services (NACUFS), Los Angeles, CA

*Food Psychology*

4/2/2014 Paramount Farms Meeting, Los Angeles, CA

*Issues and Trends: Current Foods and Health Research*

3/20/2014 International Food Technology, Chicago, IL

*Suppliers Solutions*

3/7/2014 Chicago Diabetes Educators Diabetes Symposium, Chicago, IL

*Food Psychology*

2/26/2014 Canola Council of Canada, San Antonio, TX

*Seductive Nutrition*

12/5/2013 Sun-Maid Annual Meeting, Fresno, CA

*Raisins: Health Benefits and Future Applications*

10/20/2013 2013 Food and Nutrition Conference & Expo, Houston, TX

 *Food Psychology*

10/5/2013 Carle Foundation Days, Champaign, IL

*Food Psychology*

9/27/2013 Burns & McDonnell, Kansas City, MO

*Food Psychology*

9/21/2013 Culinary Institute-Greystone, San Francisco, CA

*Raisins*

9/20/2013 Kaiser Permanente, Stevenson, WA

*Seductive Nutrition*

9/16/2013 University of Rochester Medical Center, Rochester, NY

*Top 10 Heart Healthy Foods*

07/18/12 Institute of Food Technology Webcast

 *Emerging Health Benefits of Traditional Dried Fruit*

7/14/2013 Florida Dietetic Association, Orlando, FL

*Sodium-what your mother never told you; The Real Truth About a Heart Healthy Diet*

 06/12/13 Donna Allen Symposium, Oakbrook Terrace, IL

 *Food Psychology*

 05/29/13 Oklahoma WIC, Norman, OK

 *Added Sugar: Friend or Foe?*

 05/17/13 Greater NY Association of Healthcare Foodservice Chapter, Flushing, NY

 *Food Psychology*

 05/13/13 Compass Safety Forum, Galveston, TX

 *Food Psychology*

 04/26/13 Sports and Cardiovascular Nutrition DPG, Chicago, IL

 *Fool Yourself Full: A Mindful Approach to Snacking & Weight Management*

 04/22/13 Food Summit, Chicago, IL

 *Food Psychology, Added Sugar: Friend or Foe?*

 04/11/13 Texas Dietetic Association, Austin, TX

 *Controlling Blood Pressure, the Sodium and Potassium Balance*

04/08/13 Iowa Dietetic Association, Ankeny, IA

 *Food Psychology and* *Added Sugar: Friend or Foe?*

04/05/13 Missouri, Iowa, Nebraska, Kansas Dietetic Association, Overland Park, KS

 *Food Psychology and 10 Foods to Reduce Heart Disease*

 03/29/13 Massachusetts Annual Nutrition Convention & Exposition, Norwood, MA

 *Food Psychology*

 03/ 28/12 Institute of Food Technologists Wellness, Chicago, IL

 *International Comparison of Food-Based Dietary Guidelines (FBDG):The Nutritional Message across Countries and Cultures*

03/23/13 Take Care of Your Diabetes, Santa Clara, CA

 *The Art of Nutritional Cooking (Changing Your Dining Environment)*

 03/14/13 Fresno Food Expo, Fresno, CA

 *Raisins Help You Eat Smart with a Healthy Heart*

 03/12/13 Space Coast Dietetic Association, Indialantic, FL

 *Seductive Nutrition*

 03/09/13 FLIK Co Expo, Boston, MA

 *Food Psychology*

 03/03/13 Menu Directions, Tampa Bay, FL

 *Added Sugar: Friend or Foe?*

 02/27/13 Massachusetts School Nutrition Association, Hadley, MA

 *Milk is a Must with School Meals: Effective Strategies to Promote Milk Consumption*

 02/26/13 Massachusetts School Nutrition Association, Foxborough, MA

 *Milk is a Must with School Meals: Effective Strategies to Promote Milk Consumption*

 02/20/13 Produce for Better Health Webinar

 *California Raisins: Small Fruit, Mighty Nutrition*

 02/08/13 7th Annual Healthy American Summit, St. Louis, MI

 *Seductive Nutrition and Added Sugar: Friend or Foe?*

 02/07/13 Blue Cross Blue Sheild of Florida, Jacksonville, FL

 *10 Foods that* *Reduce Heart Disease*

 01/25/13 Solution 3, Seattle, WA

 *Food Psychology*

 01/23/13 Growers’ Symposium, Fresno, CA

 *California Raisins: Small Fruit, Mighty Nutrition*

 01/17/13 Brigham Young University, Provo, UT

 *Portion Size Me*

 01/15/13 California Extensions, Davis, CA

 *Food Psychology and Added Sugar: Friend or Foe?*

 01/10/13 SMA Massachusetts Dairy Council, Milford, MA

 *Milk is a Must with School Meals: Effective Strategies to Promote Milk Consumption*

 11/20/12 Highland Middle School’s Art Revolution, Libertyville, IL

 *Portion Size Me*

 11/13/12 American Family Insurance, Madison, WI

 *Food Psychology*

 11/06/12 Wisconsin Department of Public Instruction, Wisconsin Dells, WI

 *Food Psychology*

 11/03/12 Breast Cancer Symposium, Champaign, IL

 *Food Psychology*

 11/01/12 Carle Foundation Day, Urbana, IL

 *Food Psychology*

 10/25/12 Dietary Managers Association, Sacramento, CA

 *Food Psychology, 10 Foods to Reduce Heart Disease, International Food Guides*

 10/13/12 Compass Safety Forum, Houston, TX

 *Food Psychology and 10 Foods to Reduce Heart Disease*

 10/07/12 Food and Nutrition Conference and Expo, Philadelphia, PA

 *Added Sugar Friend or Foe?*

 10/05/12 Annual Diabetes Practice Update, Portland, OR

 *Food Psychology*

 10/02/12 Academy of Nutrition and Foodservice Professionals, Grand Rapids, MI

 *Food Psychology, 10 Foods to Reduce Heart Disease, International Food Guides*

 09/26/12 Alianz Corporation, Minneapolis, MN

 *Food Pyschology*

 09/19/12 Paramount Pistachio Harvest Tour, Santa Monica, CA

 *Pistachio Principle*

 09/13/12 Society of Food Service Management, Las Vegas, NV

 *Power Panel: Healthy Programs with Healthy Profits*

 09/11/12 Next Level Summit, Palm Springs, CA

 *Portion Size Me*

 08/18/12 Long Beach WIC, Long Beach, CA

 *Food Psychology and 10 Foods to Reduce Heart Disease*

 08/06/12 Flavor in the Menu, Newport Beach, CA

 *Top 10 Foods to Reduce Heart Disease*

 07/02/12 Florida Dietetics Association, Orlando, FL

 *Added Sugar Friend or Foe? and Why Fad Diets Don’t Work*

 06/23/12 American Association of Family and Consumer Science, Indianapolis, IN

 Conference Workshop: *Take Part in the Gluten-Free Movement*

 06/20/12 USG CORPORATION, Chicago, IL

 *Food Psychology*

 06/07/12 INTSOY, Urbana, IL

 *Consumer Acceptance of Soy*

 06/16/12 West Virginia Dietetic Association, Morgantown, WV

 *International Food Guides* and *Heart Disease*

 05/09/12 Food Technology and Innovation, Chicago, IL

 *Plate vs Pyramid, Food Psychology,* and *End to End Life Cycle Management*

 05/04/12 New York State Dietetics Association, Albany, NY

 *Food Psycology*

 04/26/12 California Dietetic Association, Ontario, CA

 *Added Sugar Friend or Foe?*

 04/25/12 Association of Nutrition and Food Service Professionals, Charlotte, NC

 *Food Psychology* and *Sustainability*

 04/21/12 Illinois Dietetic Association, Oakbrook, IL

 *2010 US Dietary Guidelines: Fat Recommendations*

 04/12/12 Texas Dietetic Association, San Antonio, TX

 *Added Sugar Friend or Foe?* and *Food Psychology*

 04/05/12 Association of Nutrition and Food Service Professionals, Minneapolis, MN

 *Sustainability: Good For You and Good For the Environment, Food Psychology: Why We Eat More Than We Think, Top 10 Foods for Heart Health, and Tasting Wine and Cheese*

 03/26/12 Restaurant Leadership Conference, Scottsdale, AZ

 *Your Brain on Food: Why Consumers Eat as They Do*

 03/22/12 Association of Nutrition and Foodservice Professionals, Toledo, OH

 *International Food Guides, Wine Tasting, Making Food Fun, Heart Disease, and*

 *Food Psychology*

 03/08/12 Food Expo, Fresno, CA

 *Added Sugar Friend or Foe?*

 02/24/12 Illinois Association of Family & Consumer Sciences, Normal, IL

 *Sustainability: Good For You and Good For the Environment*

 02/27/12 Menu Directions, Charleston, SC

 *Top 10 Foods to Reduce Heart Disease*

 11/16/11 Southern California Institute of Food Technologists, Southern CA

 *Top 10 Foods to Reduce Heart Disease*

 11/14/11 West Suburban Dietetic Association, Lisle, IL

 *Top 10 Foods to Reduce Heart Disease*

 10/26/11 Pistachio Health, Webinar

 *Get Crackin’ on Healthy Snackin*

 10/13/11 Compass Group, Eurest Dinning, Chicago, IL

 *Food Psychology* and *Top 10 Foods to Reduce Heart Disease*

 10/04/11 Society of Foodservice Management, Philadelphia, PA

 *Food Psychology*

 09/29/11 American Association of Diabetes Educators, Webinar

 *Top 10 Foods to Reduce Heart Disease*

 09/25/11 Food and Nutrition Conference and Expo, San Diego, CA

 *International Food Guides*

 09/14/11 Simply Good Eating, St. Paul, MN

 *International Food Guides,* and *Making Food Fun*

 08/08/11 Health Care Service Corporation, Chicago, IL

 *Food Psychology*

 08/02/11 The Flavor Experience, Hyatt Newport Beach, CA

 *Food Psychology*

 07/31/11 Los Angeles Dietetic Association, Culver City, CA

 *Health Benefits of Wine*

 07/27/11 Missouri Educators of Family& Consumer Sciences, Springfield, MO

 *Food Psychology and Wine Tasting*

 07/19/11 Florida Dietetic Association, Weston, FL

 *Food Psychology*

 06/08/11 Eat Well, Live Well, Let’s Move, Chicago, IL

 *Food Psychology*

 05/19/11 Alaska Tanker Company Wellness Education, Stevenson, WA

 *Food Psychology and Wine Tasting*

 05/17/11 West Virginia Tri-State Meeting of Nutrition Educators, Charleston, WV

 *Food Psychology and Heart Disease*

 04/29/11 California Dietetic Association, Pasadena, CA

 *International Food Guides*

 04/18/11 Diabetes and Obesity Conference, Montgomery, AL

 *Mindless Eating*

 04/07/11 Texas Dietetic Association, Houston, TX

 *Heart Disease*

 03/24/11 Oklahoma Dietetic Association, Norman, OK

 *Food Psychology, Heart Disease*

 03/22/11 IFT Health and Wellness, Rosemont, IL

 *Creating Packaging and Products with Weight loss in Mind*

 03/15/11 New York SNAP, Albany NY

 *Mindless Eating*

 03/04/11 RBA, Fresno, CA

 *Mindless Eating*

 12/06/10 California Farm Bureau, Monterey, CA

 *Mindless Eating*

 12/02/10 Dairy Farmers of Canada, Montreal, CA

 *Food Psychology:  Changing our “mindless eating” habits*

 12/01/10 Dairy Farmers of Canada, Moncton, CA

 *Food Psychology:  Changing our “mindless eating” habits*

 11/30/10 Dairy Farmers of Canada, Vancouver, CA

 *Food Psychology:  Changing our “mindless eating” habits*

 11/06/10 FNCE, Boston, MA

 *International food guides, Pistachio Principle, Walking study, Raisins*

 11/03/10 DeSales University, Allentown, PA

 *Food psychology*

 10/08/10 Cynthia Chow & Associates, Chicago, IL

 *International Food Guides*

 09/23/10 National Pasteurized Egg, Chicago, IL

 *Twelve Foods to Reduce Heart Disease*

 09/22/10 Chicago Dietetic Association

 *Food Psychology*

08/11/10 Southern New Hampshire University Extension, Manchester NH

 *Developing Nutrition Educations*

07/21/10 Webinar Weight Management Dietetic Practice Group

 *Food psychology: Why we eat more than we think we do*

07/12/10 Florida Dietetic Association, Orlando Florida

 *International food guides*

07/08/10 Dietary Managers Annual Meeting, Chicago, IL

 *Food psychology*

07/06/10 Dietary Managers Annual Meeting, Chicago, IL

 *Food Psychology*

06/25/10 Orlando, FL

 *Food Psychology*

06/21/10 Wisconsin Nutrition Association, La Crosse, WI

 *Food psychology*

06/11/10 Institute of Food Technology, New Orleans, LA

 *Health Benefits of Fruits and Vegetables, and Weight Control in the School Lunch Program*

06/09/10 INTSOY, Champaign, Illinois

 *Marketing of Soy*

05/24/10 National Restaurant Show, Chicago, IL

 *EIU Event Planning Class*

05/19/10 Webinar, Sun-Maid Raisins

 *The Health Benefits of Raisins*

05/18/10 Disney College Programs, St Louis, MO

 *Planning Meeting*

05/14/10 TOPS, Peoria, Illinois

 *Food psychology*

05/10/10 Andrew Weil Health and nutrition conference, Atlanta, Georgia

 *The Pistachio Principle: Calorie reduction without restriction*

06/06/10 St Anthony Medical Center, Rockford, Illinois

 *Food psychology*

05/05/10   NW Suburbs Dietetic Association, Chicago, Il.

 *Food psychology*

04/30/10 Michigan Dietetic Association, Bay City, MI

 *Food psychology*

04/21/10 International Cheese technology meeting, Madison WI

 *Food psychology*

04/16/10 California Dietetic Association, Oakland, California

 *The Pistachio Principle*

04/13/10 National Professionals Conference, Charleston, South Carolina

 *Mindless eating*

03/30/10 Indiana EFNEP, Indianapolis, Indiana

 *Ten foods that reduce cancer risk*

03/27/10 EIU Foundation Day, Charleston, IL

 *Food psychology: Why we eat more than we think we do*

03/11/10 Paramount Farms, Monterey, California

 *The Pistachio Principle: Calorie reduction without restriction*

03/03/10 South West Suburban Dietetic Association, Chicago area, Illinois

 *Food psychology: Why we eat more than we think we do*

03/01/10 Iowa State University, Ames IA, 7:00 pm, Sun Room Memorial Union

 *Food psychology: Why we eat more than we think we do*

02/26/10 Illinois Association of Family and Consumer Sciences, Peoria, Illinois

 *The Pistachio Principle: Calorie Reduction Without Calorie Restriction*

02/17/10 Western Illinois University, Macomb, Illinois 3:30 pm, Grand Ballroom

 *Twelve foods that reduce cancer risk*

02/15/10 SBLHC Cardiac Rehabilitation class. Mattoon, IL

 *Mindless eating: Why we eat more than we think we do*

02/06/10 Council of Administrators for Family and Consumer Sciences, San Diego, CA

 *Conference Organizer*

01/20/10 Rotary and Business and Professional Women, Mattoon, IL

 *Food Psychology, Why we eat more than we think we do.*

01/14/10 Health and Nutrition Series, MLK Student Union, Charleston, IL

 *Herbal Supplements, Which Ones Work and Why*

12/05/09 Sun-Maid, Fresno, CA

 *Food Psychology; Why We Eat More Than We Think We Do*

11/12/09 Indiana Dietetic Association, Fort Wayne, IN

 *Herbal Supplements, Which Ones Work and Why They Do*

11/11/09 Bradley University, Peoria, IL

 *Food Psychology; Why We Eat More Than We Think We Do*

10/30/09 California Poly State University, San Luis Obispo

 *Food Psychology; Why We Eat More Than We Think We Do*

10/20/09 American Dietetic Association Annual Meeting, Denver, CO

 *Beyond Three Squares a Day*

09/22/09 Indiana Extension, Indianapolis, In

 *12 Foods that Reduce the Risk of Cancer*

09/03/09 Sum Maid Raisins Inc., Kingsburg, CA

 *Food Psychology; Why We Eat More Than We Think We Do*

09/01/09 Paramount Farms, Lost Hills, CA

 *The Pistachio Principle, Calorie reduction Without Restriction*

08/12/09 University of New Hampshire Extension, Manchester, NH

 *Changing your Eating Environment to Improve Health*

08/10/09 Aramark National Meeting, Nashville, TN

 *Reducing Food cost with Portion Control*

06/26/09 National Ag In The Classroom National Conference, St Louis, MO

 *Food Psychology; Why We Eat More Than We Think We Do*

06/04/09 INTSOY 2009, National Soybean Research Lab, Champaign, IL

 *Consumer Acceptance and perception of Soy Foods*

05/14/09 West Virginia Dietetic Association, Bridgeport, WV

 *The Pistachio Principle, Calorie reduction Without Restriction*

04/24/09 Illinois Dietetic Association, Oakbrook, IL

 *Mindless Eating*

04/24/09 Illinois Dietetic Association, Oakbrook, IL

 *Heart Healthy Eating*

04/18/09 Cornell University, Ithica, NY

 *The Pistachio Principle*

03/16/09 Emory University, Atlanta, GA

 *Food Psychology; Why We Eat More Than We Think We Do*

02/25/09 Council of Administrators for Family and Consumer Sciences, Washington, DC

 *Eat Right, Increase Energy: The Essential Edge for Leaders*

02/21/09 Illinois Association of Family and Consumer Sciences, Chicago, IL

 *6 Foods that will add years to your life and life to your years*

02/13/09 Academic Chairs Conference, Orlando, FL

 *Food Psychology; why we eat more than we think we do*

02/10/09 Indiana Extension, West Lafayette, In

 *10 Foods that Reduce the Risk of Heart Disease*

12/03/08 Lakeland College, Mattoon, IL

 *Food Psychology*

12/02/08 Lincoln University, Jefferson City, MO

 *Mindless Eating*

11/25/08 Emory University, Atlanta, GA

 *Food Psychology*

11/15/08 BACCHAUS Annual Conference, Columbus, OH

 *Food Psychology*

11/10/08 Oregon State University Extension, Corvallis, OR

 *Portion Size Me*

10/29/08 Mid-America College Health Association, Kalamazoo, MI

 *Food Psychology*

10/10/08 Healthy American Summit, St. Louis, MO

 *Portion Size Me*

08/28/08 Southeast Regional Extension, Greenville, NC

 *Food Psychology; Why We Eat More Than We Think We Do*

08/01/08 TRIO Program, Lakeland College, Mattoon, IL

 *Portion Size Me*

06/28/08 National Faculty Leadership Conference, Washington, DC

 Controlling Mindless Eating

06/21/08 American Association of Family and Consumer Sciences, Milwaukee, WI

 Annual Meeting, *Portion Size Me*

06/17/08 Childcare Nurse Consultants, Bloomington, IL

 *Mindless Eating*

05/07/08 University of California Riverside, Riverside, CA

 *Food Psychology; Why We Eat More Than We Think We Do*

05/06/08 Paramount Farms, Los Angeles, CA

 *Food Psychology; Why We Eat More Than We Think We Do*

04/29/08 Carle Hospital, Urbana, IL

 *Food Psychology; Why We Eat More Than We Think We Do*

04/24/08 National Soybean Research lab, Urbana, IL

 *Consumer Acceptance and perception of Soy Foods*

04/17/08 Indiana Extension FNP, West Lafayette, IN

 *Food Psychology; Why We Eat More Than We Think We Do*

04/05/08 American Dietetic Association, WM DPG, Nashville, TN

 *Food Psychology; Why We Eat More Than We Think We Do*

04/01/08 West Virginia Extension, Charleston, WV

 *Food Psychology; Why We Eat More Than We Think We Do*

04/02/08 West Virginia Extension, Charleston, WV

 *10 Foods that Reduce the Risk of Heart Disease*

03/13/08 University of Illinois, Urbana, IL

 *Food Psychology; Why We Eat More Than We Think We Do*

02/20/08 Lakeland College, Mattoon, IL

 *10 Foods that Reduce the Risk of Heart Disease*

02/13/2008 Lakeland College, Mattoon, IL

 *Food Psychology; Why We Eat More Than We Think We Do*

02/01/2008 Council of Administrators, San Diego, CA

 *Food Psychology; Why We Eat More Than We Think We Do*

11/07/07 United States Air Force Academy, Colorado Springs, CO

 *Food Psychology; Why We Eat More Than We Think We Do*

11/02/07 Mid America College Health Association, Carbondale, IL

 *10 Foods that Reduce the Risk of Heart Disease*

10/23/07 White Wave Foods, Soy Silk, Denver, CO

 *Consumer Acceptance of Soy Foods*

10/20/07 Illinois Association of Family and Consumer Sciences, Springfield, IL

 *Food Psychology; Why We Eat More Than We Think We Do*

10/12/07 American Health Conference, St Louis, MO

 *Foods that Reduce Risk of Heart Disease*

10/02/07 New York University Public Health Film Festival, NY, NY

 *Portion Size Me,* Film showing and discussion

09/12/07 Minnesota Extension, Brainerd, MN

 *12 Foods to add to your diet to make you live longer and be healthier*

09/11/07 Minnesota Extension, Brainerd, MN

 Key note address; *Why We Eat More Than We Think We Do*

06/18/07 National Conference for Advisors of Peer Educators, BACCHUS, Denver, CO

 Key note address; *Why We Eat More Than We Think We Do*

06/07/07 Oklahoma State Extension, Stillwater, OK

 *Ten Foods to Add to your Diet to Make you Live Longer and be Healthier*

06/06/07 Oklahoma State Extension, Stillwater, OK

 *Why We Eat More Than We Think We Do*

05/03/07 INTSOY, National Soybean Research Lab, University of Illinois, Urbana, IL

 *Consumer Acceptance of Soy Products*

03/29/07 Oklahoma Public Health Association, Tulsa, OK

 *Food Psychology, Why We Eat More Than We Think*

03/12/07 South Dakota State University, Brookings, SD

 *South Dakota Nutrition Seminar*

12/06/06 American Seed Trade Association, Chicago, IL

 *Consumer Acceptance of Soy Products*

11/15/06 Oklahoma Health Conference, Tulsa, OK

 *Food Psychology, Why We Eat More Than We Think*

11/07/06 American Public Health Association Meeting, Boston, MA

 *Portion Size Me*

10/26/06 Mid America College Health Association, Eagle Creek, IL

 *Why We Eat More Than We Think*

10/20/06 Illinois Association of Family and Consumer Sciences, Bourbonnais, Il

 *Portion Size Me*

09/29/06 Healthy American Summit, St. Louis Community College, St. Louis, MO

 *Food Psychology, Why we Eat More than We Think*

06/29/06 Pennsylvania Regional WIC Meeting, Pittsburg, PA

 *Food Psychology, Why We Eat More than We Think*

05/03/06 Soybean Research Lab, University Of Illinois, Urbana, IL

 *Marketing of Soy Products*

04/21/06 FCCLA Illinois State Meeting, Springfield, IL

 *Comparing the Weight Loss Diets*

04/17/06 Illinois State University, Normal, IL

 *Technology and Portion Control*

02/07/06 Oklahoma State WIC, Oklahoma City, OK

 *Psychological & Environmental Factors Affecting Food Intake*

02/02/06 Illinois Agriculture Awareness Conference, Moline, IL

 Food Psychology, Why People Eat What They Do

02/02/06 Illinois Agriculture Awareness Conference, Moline, IL

 Portion Size Me

11/04/05 Eastern Illinois Dietetic Association, Charleston, IL

 *Health Benefits and Esthetic Attributes of Wine*

10/29/05 Illinois Association of Family and Consumer Sciences, Springfield, IL

 *Scientific Rational for updating the Food Guide Pyramid*

07/19/05 Mid-Atlantic Region WIC, Washington DC.

 *Why We Eat More than We Think*

05/10/05 Council of Chairs Annual Retreat, Eagle Creek, IL

 *The Great Plains Consortium.*

04/06/05 White House Pre-Conference on Aging, Charleston, IL

 Key note address: *Solution Forum on Nutrition Wellness and Aging*

03/18/05 American Diabetic Association, Springfield, IL

 *Why We Eat More Than We Think*

02/21/05 Graduate College University of Illinois, Champaign, IL

 *Career Paths in the Academy: What Is Success?*

10/23/04 Nevada Association of Family and Consumer Sciences, Reno, NV

 *Factors Effecting Food Selection and Consumption*

10/21/04 International Soybean Research Lab, Urbana, IL

 *Consumer Preferences for Soy Foods*

10/02/04 Illinois Association of Family and Consumer Sciences, Lisle, IL

 *External Factors Effecting Food Consumption*

08/25/04 Circle Group Incorporated, Mundelein, IL

 *Consumer Acceptance of Desserts made with ZTrim, a Fat Substitute*

7/19/04 Society for Nutrition Education, Salt Lake City, UT

*Exploring Food Guide Graphics from Culturally Diverse Nations*

06/28/04 American Association of Family and Consumer Sciences, San Diego, CA

*Exploring Food Guide Graphics From Around the World*

06/24/04 American Association of Family and Consumer Sciences, Minneapolis, MN

 *Consumer Acceptance of Ztrim*

04/18/04 Club Managers Association of America, Champaign, IL

 *Research on Food Service and Obesity*

03/12/04 Illinois Council of Family Relations, Charleston, IL

 *Reducing Obesity in Middle Age*

11/06/03 New England Regional Nutrition Education Conference, Ogunquit, Maine

 *From Plate to Mouth: How to Change Consumer Perception of Foods*

11/06/03 New England Regional Nutrition Education Conference, Ogunquit, Maine

 *Changing Consumer Perception of Foods Using Practical Applications*

10/14/03 INTSOY, Product Development of Soy Foods, Urbana, IL

 *Consumer Preferences for Soy Foods*

07/30/03 Society for Nutrition Education, Philadelphia, PA

*Nutrition Analysis Tools*

07/11/03 Functional Foods for Health, 12th Annual Conference, Schaumburg, IL

 *Accessing Information Resources About Nutrition and Functional Foods*

07/02/03 5th International Food Database Conference, Washington DC

 *Innovative Uses of Nutrient Data Utilizing Handheld Devices*

03/27/03 Nutrient Data Laboratory United States Department of Agriculture, Washington, DC.

 *Innovative Uses of Nutrient Data*

03/12/03 Illinois Bed & Breakfast Association, Galena, IL

 *Creating Ambiance with the Menu, What you say determines what customers select*

03/11/03 Illinois Bed & Breakfast Association, Galena, IL

 *A Healthy Breakfast can be a Tasty Breakfast, Herbs and Health*

03/08/03 Eastern Illinois Dietetic Association, Urbana, IL

 *Nutrition Education on the Internet*

03/03/03 National Soybean Research Lab, Urbana, IL

Soy Resources on the World Wide Web

02/27/03 National Soybean Research Lab, Urbana, IL

Marketing Soy Foods

10/21/02 American Dietetic Association Annual Meeting, Philadelphia, PA

*Consumer preference for energy bars based on macronutrient composition, gender,*

*consumption frequency and participation in weight training*

10/15/02 National Soybean Research Lab, Urbana, IL

Nutrition on the World Wide Web : Analysis of Food Products

10/14/02 National Soybean Research Lab, Urbana, IL

Consumer Preferences for Soy Food

07/09/02 Kraft Corporation, Glenview, IL

 *Correlating Glycemic Index with Satiety, Mental Alertness, and Sleepiness*

04/30/02 Eastern Illinois Dietetic Association

 *Sensory and Nutritional Aspects of Wine*

04/20/02 Illinois Soy Center. Soy Flavor Workshop: Sensory and Instrumental Methods, Champaign, IL

##  Making Soy Acceptable in the Food Service Industry

02/21/02 Current Topics in Nutrition In-service series Teleconference, Urbana, IL

 International Food Guides Presentation given to 45 sites in Illinois, 250 registered participants

11/2001 Illinois House and Senate Agriculture Committee, Champaign, IL

##  The Nutrition Analysis Tools for Good Health

10/2001 ADA Food and Nutrition Exhibition and Conference, St Louis, MO

 *Developing International Food Based Guides: Pyramid and Beyond.*

10/01/01 Soy Foods Conference, Chicago, IL

##  Soy on the Web: Educating Consumers about Soy’s Health Benefits

03/21/01 CCSO training workshop, Champaign, IL

##  Keeping Pace with Emerging Technologies to Enhance Learning

03/21/01 State Extension Nutrition Educators, Champaign, IL

##  Recent developments in Nutrition Education tools on the Web

03/06/01 Center for Advanced Study, Champaign, IL

 Presentation for M.S. Swaminathan and Timothy Reeves on using the Internet for Extension in Developing Countries.

07/28/00 USDA National Databank Conference, St. Paul, MN

##  The Nutrition Analysis Tool

07/26/00 Society for Nutrition Education Annual Meeting, Charleston, SC

##  Consumption of Nutrients in the Elderly Diet

06/28/00 Learning On-Line Institute, Penn State University, State College, PA

##  Nutrition Education Programs on the Internet

06/07/00 Kraft Corporation, Chicago, IL

 *Definition and Analysis of Energy*

05/16/00 Faculty Summer Institute, Champaign, IL

##  Using PowerPoint for Developing Educational Material on the Web

05/15/00 Functional Foods for Health 9th Annual Retreat, Urbana, IL

##  Using Computer Technology to Improve Effectiveness of the FFH Website

04/19/00 State Extension Nutrition Specialists, Giant City, IL

##  Nutritional & Sensory Aspects of Wine

02/28/00 Center for Educational Technology

###  Recent developments in Animation for Web Education

12/13/99 ACES Series on Teaching Pedagogy

###  Visual Learning through On-line Video and Animation

09/15/99 Kraft Corporation, Chicago, IL

###  High Protein Diets Comparison and Effects

08/07/99 World Soybean Research Conference IV, Chicago, IL

 *Nutrition Education Effects on Attitude Towards and Perception of Soy-products by an Elderly Population*

08/03/99 CBORD conference at Cornell University, Ithaca, NY

###  Using the WWW in Hospitality Education

06/23/99 Faculty Training Seminar, Educational Technology Board

###  Using technology in Undergraduate Education

05/26/99 EFNEP Para-professional Nutrition Educators Conference

###  Teaching Food Composition and Health Education to Education Specialists

05/18/99 Functional Foods for Health, Chicago, IL

###  Using Web Based Food Composition and Diet Analysis Tools

03/03/99 State Capitol Building, Illinois Legislators, Springfield, IL

###  Nutrition Analysis Tool in Health Maintenance

02/17/99 State Nutrition Education Specialists

 Hands on training in the ACES computer lab on Using the World Wide Web for Nutrition Education

10/23/98 FSHN FS50 Conference, Urbana, IL

###  Computer Technology in the Education of Students in FSHN

10/10/98 Eastern Illinois Dietetic Association, Urbana, IL

 Presented a hands-on class in the ACES computer lab on the Internet.

08/20/98 Training and development Staff at Darden in Orlando, FL

 Computer Based Management Training Program

08/04/98 Cornell University CBORD conference

###  Computer Technology in Food Service

04/06/97 CBORD Regional Meeting, Cleveland

###  Teaching on the Web

03/09/97 Cyberfest at the University of Illinois, Urbana, IL

###  Nutrition Education via the Internet

01/19/97 Faculty Meeting Department of Commerce, Urbana, IL

###  Using PowerPoint to Develop Lecture Material for the WWW

12/17/96 NCSA Enhancing Internet Use in Rural Illinois, Champaign, IL

###  Using the Internet in the Classroom

12/09/96 Sloan Center for Asynchronous Learning, Urbana, IL

###  Using Web Based Materials to Teach Hospitality Management

07/10/96 House and Senate Legislative Internet Training Workshop

###  Using Information Technology in Classroom Education

**PUBLICATIONS** (Professional & Peer reviewed)

Painter, J., & McGinnis, M. (2020). Common Elements of Two Popular Diets That Confer Health Benefits. *Current Developments in Nutrition*, *4*(Supplement\_2), 553-553.

McGinnis, M.J. and Painter, J.E., 2020. Sorghum: History, Use, and Health Benefits. *Nutrition Today*, *55*(1), pp.38-44.

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Schuster, M. J., Wang, X., Hawkins, T., & Painter, J. E. (2018). Comparison of the Nutrient Content of Cow’s Milk and Nondairy Milk Alternatives: What’s the Difference?. *Nutrition Today*, *53*(4), 153-159.

Fulgoni, V., Painter, J., & Carughi, A. (2017). Raisin consumption is associated with increased nutrient intake and better diet quality in children (2-18 years): an analyses of NHANES (2001-2012). *Journal of the Academy of Nutrition and Dietetics*, *117*(9), A93.

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Schuster, M., Painter, J.E., Bernas, R., & Mackenzie, J. (2017). Consumer’s Social Feelings as a Function of Snack Type. *Journal of Family & Consumer Sciences, 109*(4).

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 caries educational material. Journal of the Academy of Nutrition and Dietetics, 112(9), pp. A-51.

Patel, B.P., Luhovy, B., Mollard, R., Painter, J.E., & Anderson, G. (2012). A pre-meal snack of raisins

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[Wansink, B.](http://agricola.nal.usda.gov/cgi-bin/Pwebrecon.cgi?SC=Author&SEQ=20050110130544&PID=17570&SA=Wansink,+B.), [Van Ittersum, K.](http://agricola.nal.usda.gov/cgi-bin/Pwebrecon.cgi?SC=Author&SEQ=20050110130544&PID=17570&SA=Van+Ittersum,+K.), **Painter,** J.E. (2004). How diet and health labels influence taste and

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**ABSTRACTS**

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Painter, J.E., Wansink, B. Hieggelke, J. (2001). Effects of visibility and proximity of food on food

consumption*.*  Society for Nutrition Education 34 th. Annual Conference Proceedings, 34(1), 34.

Hieggelki, J.B. Painter, J.,E. Orr, R.A. (2001). Computer-based 5-a-day education: comparison of

learning between self-directed vs. pre-selected topics and animated vs static slides. Conference Proceedings Nutrition Education for Diverse Audiences II. September, 10, 2001.

Painter, J.E. (2000). Nutrition analysis tools. USDA 24 th. Nutritional Databank Conference. St Paul, Mn. July, 28.

Painter, J.E. (2000). Consumption of nutrients in the elderly diet. Annual Meeting Proceedings.

Society of Nutrition Education. Charleston, SC. July 26.

Javenkoski J.S., Reutter E.F., Painter J.E. (2000). Linking active learning to Web-based instruction:

students teaching students through multimedia productions. Poster/demonstration at the ED-MEDIA 2000 World Conference on Educational Multimedia and Hypermedia, Montréal, QC, 29 June.

Ho, W., Painter, J., Barber, C. (2000). The effect of web-based education regarding functional foods on nutrition knowledge and nutrition intake in and elderly population. Proceedings of the Functional Foods for Health 9th Annual Retreat, Urbana, IL, May 15-17.

Painter, J.E. Klein, B., Reber, R. (1999). Nutrition education effects on attitude towards and perception of soy-products by an elderly population. Proceedings of the World Soybean Research Conference IV, Chicago, IL, August, 4-7, 1999. Superior Printing, Champaign, IL.

Painter, J.E. (1999). Practical use of web technology for the latest functional foods

information. Proceedings of the Functional Foods for Health 8th Annual retreat,

Bloomingdale, IL, May 17-19, 1999.

Painter, J.E., Sabbert, B. (1997). Computer assessment of the elderly diet: actual vs. perceived intake. 7th Annual Conference on Gerontology and Aging. Office of Gerontology and Aging Studies, University of Illinois, Beckman Institute, April 16.

Painter, J.E. (1993). Effect of nutrition education on nutrition knowledge and dietary intake of the elderly*.*  *Journal of the American Dietetic Association, 92* supplement, 9.

#### POSTERS

Fulgoni VL, Painter JE, Carughi A. 2017. Consumption of raisin-containing foods is associated with increased nutrient intake and better diet quality in children (1- 18 y) from the NHANES (2001–2012). International Food Technology Annual Conference. June 2017.

Patel BP, Mollard R, Luhovyy B, Pragatheesh B, Painter JE, Anderson GH. 2012. A Pre-Meal Raisin Snack Lowers Food Intake in Normal Weight Children. Nutrition in Health and Disease, Istanbul, Turkey. February 15, 2012

Patel BP, Boddy MR, Lai M, Mollard R, Luhovyy B, Painter JE, Anderson GH. 2011. A pre-meal raisin snack increases satiety and lowers cumulative food intake in normal weight children. Applied Physiology, Nutrition, and Metabolism, 2011, 36:(3) 427-493, 10.1139/h11-034 (poster

 presentation)

Painter, J. Rhodes, C. 2008. Food Psychology. American Dietetic Association, Chicago, IL

Rhodes, C. Painter, J. 2005. A booth was set up regarding the consumer perception and

 acceptance of Ztrim, Illinois Food Exposition, Springfield, IL

Tobey, L. Painter, J. 2004. Comparing International Food Guide Graphics, A Quantitative and

Qualitative Approach. International Congress of Dietetics, Chicago, IL. July 29

Rhodes, C. Painter, J. 2003. Booth regarding Consumer Perception of Ztrim,

Illinois Food Exposition, Springfield, IL

Painter, J. North, J. 2003. The Starting Point for a Healthy Diet: Where Popular Diets and

Governmental Authorities Agree. American Dietetic Association Meeting, San Antonio, TX,

October, 27.

Painter, J. North, J. 2003. Using Web-Based Computer Nutrition Education to Effect Attitude Toward Soy Products in and Elderly Population. 5th International Symposium on the Role of Soy in Preventing and Treating Chronic Disease, Orlando FL, September 21.

Painter, J. Tobey, L. 2003. Developmental Methods for Food Guide Pictorial Representations. Society for Nutrition Education Annual Conference, Philadelphia, PA, July, 28.

Painter, JE. Watgen, AB. Baum, JI. 2003. Comparing Predicted vs. Actual Consumption of Nutrients

 in a University Student Diet*.* Diet and Optimum Health Conference, Portland, OR.

Prisecaru, V., Painter, J. 2002. The Effects of Various Ingredients in Snack Bars on Satiety, Mental Alertness, Mood and Blood Glucose Levels. Illinois Dietetic Association Annual Meeting, Chicago, IL. April 12.

Painter, J. Feng, Y. 2002. Current Calcium Status of US Seniors Analyzing NHANES I, II, and III Data Utilizing the DRIs. Functional Foods For Health Annual Conference. Urbana, IL, May 12-14, 2002.

Prisecaru, V., Painter, J. 2002. Defining Energy: The Effects of Various Energy Bars on Satiety, Mood, Mental Alertness, Sleepiness and Blood Glucose Levels.. Functional Foods For Health Annual Conference. Urbana, IL, May 12-14, 2002

Hieggelke, J., Painter, J., Orr, R., Reber, R. 2002. Computer-Based 5-A-Day Education: Comparison of Self-Chosen Topics and Topics Not Interested In. Illinois Dietetic Association Annual Meeting, Chicago, IL. April 12.

Hieggelki, J.B. Painter, J,E. 2001. Computer-based 5-A-Day Education: Comparison of Learning

Between Self-directed vs. Pre-selected Topics and Animated vs Static Slides. ADA Food &

Nutrition Conference, St. Louis, MO. October 20-23.

Painter, J,E. Prisecaru, V.I. 2001. Utilizing the Current Dietary Reference Intakes to Assess the

Vitamin E and Vitamin C Intake Status of U.S. Adults Utilizing NHANES III. ADA Food &

Nutrition Conference, St. Louis, MO. October 20-23.

Sabbert, B.B. Painter, J,E. 2001. Computer Based Nutrition Education for Young Female Gymnasts

at a Summer Sports Camp. ADA Food & Nutrition Conference, St. Louis, MO. October 20-23.

Painter, J,E. Feng, Y. 2001. Current Calcium Intake Status of US Seniors Analyzing NHANES I, II,

and III Data Utilizing the DRI’s. ADA Food & Nutrition Conference, St. Louis, MO. October 20.

Painter, J,E. Ho, W. 2001. Impact of Nutrition Education Utilizing Computer-conferencing on

Nutrition Knowledge and Dietary Intake of Elderly People. ADA Food & Nutrition Conference,

St. Louis, MO. October 20-23.

Painter, J,E. Lee,Y,K. 2001. Comparing the Effectiveness of Written Diagrams vs. Multi-media

Computer Videos for Dietetic Education. ADA Food & Nutrition Conference, St. Louis, MO.

October 20-23.

Kotake, A. Painter, J.E. 2001. Comparing Popular High Protein Diets: Theories and Macronutrient

Composition. 17th. International Congress of Nutrition, Vienna Austria. August 27-31.

Painter, J.E., Wansink, B. Hieggelke, J. 2001. Effects of Visibility and Proximity of Food on Food

 Consumption*.*  Society for Nutrition Education 34 th. Annual Conference Proceedings, 34(1), 34.

Ho, W, Painter, J, Barber, C. 2000. The Effect of Web-based Education Regarding Functional Foods

on Nutrition Knowledge and Nutrition Intake in and Elderly Population. Proceedings of the

Functional Foods for Health 9th Annual Retreat, Urbana, IL, May 15-17.

Painter, J, Barber, C. 2000. Computer Assisted Nutrition Education in an Intergenerational Setting.

 CFAR poster session to the Illinois legislators, Springfield, February 16.

Painter, J. 1999. The Nutrition Analysis Tool web site. CFAR poster session at Capitol Rotunda,

Springfield, March 3.

Painter, J.E., Sabbert, B. 1997. Computer Assessment of the Elderly Diet: Actual vs. Perceived Intake. 7th Annual Conference on Gerontology and Aging. Office of Gerontology and Aging Studies, University of Illinois, Beckman Institute, April 16.

Sabbert, B, Painter, J.E. 1997. Using the Nutrient Analysis Tool to Teach the Elderly Proper

Nutrition. Annual Meeting of the American Society on Aging, Nashville, March 25.

**BOOK CO-AUTHOR**

Basket, M, Painter, J.E. 2009 *The Art of Nutritional Cooking.* Prentice Hall, Upper Saddle River, NJ

##### EDITORIAL & PEER REVIEW ACTIVITIES

I. Editorial Board.

Foodservice Research International

236B Food Science Building

Michigan State University

East Lansing, MI 48824

2000 3 articles reviewed in Food Service Research International

2001 1 article reviewed in Food Service Research International

2004 1 article reviewed *The Nutritional Composition and Sensory Profile of Microwave and Conventionally Cooked Vegetables*

2007 1 article reviewed

 2009 1 article reviewed *Evaluation of the MyPyramid Tracker: An Interactive Nutrition and Physical Activity Assessment Tool*

Integrative Cancer Therapies 1 article reviewed in 2002

2455 Teller Rd

Thousand Oaks, CA 91320

II. Reviewer 1 article reviewed in 2000

Journal of Nutrition Education 2 articles reviewed in 2001

1415 Linden Drive 1 article reviewed in 2002

University of Wisconsin

Madison, WI 53706

 Journal of Food Composition and Analysis 1 article reviewed in 2003

 Editor Barbara Burlingame

 Food And Agriculture Organization

 Viale della Terme di Caracalla

 00100 Rome, Italy

 III. Books and Chapters reviewed

* 02/95 Dittmer, P, Griffin. Principles of Food and Labor Cost Control. Van Nostrand

Reinhold, N.Y., N.Y.

 - 10/00 Utermohlen, V. Clinical Nutrition. Prentice Hall, Upper Saddle River, NJ.

**GRANTS** (Principal Investigator)

2013-2014 Sun-Maid ($confidential)

Use to promote and research uses of raisins

2011-2013 California Raisin Marketing Board ($confidential)

 Used to research and promote raisins

2009-2010 Sun-Maid ($confidential)

 International Food Guide Graphics

2008-2009 Paramount Farms ($confidential)

 The effect of Visual Cues on Pistachio Consumption

2007-2008 Illinois Department of Human Services, Bureau of Child Development ($602,700)

 Used to fund the Child Care Resource and Referral

2006-2007 Area Agency on Aging ($2,509,679)

 Funds to operate the Peace Meal Senior Nutrition Program

2005-2006 Citizens National Bank ($confidential)

Used to support the Financial Education Center

2004-2005 Circle Group Incorporated ($confidential)

 Consumer acceptance of Z-Trim Fat Substitute

2004-2005 Illinois Department of Health ($10.000)

 Assessment of the State and Nutrition Physical Activity Programs to Prevent Obesity

* 1. Charlotte Biester Development Fund ($4,000)

Grant for professional development of faculty and students

2001-2003 Standard Process ($25,000)

 Glycemic effect of macronutrients in energy bars

2001-2002 Lettuce Entertain You Enterprises Inc. ($400)

 Grant for lab equipment

2000-2002 Kraft Corporation ($confidential)

 Nutrition Bar Study

2000-2002 Warner Lambert ($confidential)

 Nutrition Bar Study

2000-2001 Teaching Enhancement Grant ($2,000)

 Sensory Evaluation of Wine

2000-2002 Council on Food and Agriculture Research ($30,000)

 Web Development for the Functional Food and Nutrition Analysis Web Sites

1999-2000 Kraft Corporation ($confidential)

 Adults Need Protein to Manage Blood Glucose and Body Weight

1999-2000 Warner Lambert ($confidential)

 Adults Need Protein to Manage Blood Glucose and Body Weight

1999-2004 Hatch Grant ($45,500)

 Assessing Job Satisfaction, Training Needs, and Stress in Social Service Employees

 Working in Food Pantries and Homeless Shelters in Chicago.

1998 Darden Restaurants (Red Lobster) ($confidential)

 Development of an Internet based management training program.

1998 Cookies by Design ($confidential)

 Development of a shelf stable product that the company can distribute through retail

 grocery outlets.

1998 Council on Food and Agriculture Research ($98,900)

 Technology-assisted Nutrition Education in an Intergenerational Setting

 Computers were purchased and a lab was created in a low-income housing unit in

 Champaign, IL. Classes regarding computer training and nutrition education were

 developed and presented to grade school children and the elderly.

1998 Council on Food and Agriculture Research ($55,000)

 Electronic Nutrition Information Grows Up

 Development of a Web-based nutrition education program with messages

 Targeted to individual needs.

1997 Partnership Illinois Grant ($15,000)

 Development of an Internet Based Nutrition Education Program for High School

 Athletes at Risk of Developing Anorexia and Bulimia. Developed an online education

 program and an online tool to calculate energy requirements.

 <http://www.aces.uiuc.edu/~food-lab/energy/ec.html>

1997 Illinois Soybean Operating Board ($6,000)

 Development of a Web Based Nutrition Education Program on the Health Benefits of

 Consuming Soy <http://www.ag.uiuc.edu/~food-lab/soy/soy.html>

1996 Sloan Center for Asynchronous Learning Environments (SCALE) ($27,000)

 Development of education modules for the World Wide Web

 - Food service equipment operation.

 <http://www.aces.uiuc.edu/~food-lab/equip/>

 Garnishing and napkin fold demos were placed on the Web.

 <http://www.aces.uiuc.edu/~food-lab/napkin/>

1996 Rothfuss Research Program Grant ($12,000)

 Development of a Web Based Nutrition Education Program for Grade School Students

 to Teach the Health Benefits of Consuming Soy Protein.

1996 Agricultural Development Fund ($1,000)

 Funds paid for a student trip to Chicago where tours were conducted of hotels and

 restaurants.

1996 Gardner Teaching Enhancement Grant ($960)

 Used in a Fine-Dining class to provide service equipment.

1995 Sloan Center for Asynchronous Learning Environments (SCALE) ($5,085)

 Implementation of Asynchronous Learning Networks (ALN) in the Restaurant

 Management Curriculum

 Grant included:

 - Development of a home page for the curriculum

 - Production of class materials to be placed on the web

 - Catering - <http://www.aces.uiuc.edu/~food-lab/catering/guest.html>

 - Fine dining - <http://www.ag.uiuc.edu/~food-lab/355/>

1995 Council on Food and Agriculture Research (C-FAR) ($15,000)

 Electronic Information Systems for Food and Agriculture. A nutrition analysis tool was

 developed for the World Wide Web. The tool has been incorporated into education

 programs for grade school, high school, and college students. It is presently being

 used in the development of an education program for the elderly.

 <http://www.ag.uiuc.edu/~food-lab/nat/>

1994 Educational Technologies Board Grant ($9,185)

 Implementation of Computer Technology into Undergraduate Education in Food Service

 Management Systems. All materials for the Quantity Foods class were placed on the

 web. <http://beviercafe.uiuc.edu/>

1993 Illinois Soybean Checkoff Board ($6,000)

 High Soy Protein Products for Disease Risk Reduction

 Recipes were developed that contain soy protein isolate. Sensory panels were formed

 and the recipes were tested.

**GRANTS** (Co-Principal Investigator)

2004-2007 Department of Health and Human Services ($2,854,000)

 Multiple Behavior Changes in Diet and Activity

* 1. USDA Family Nutrition Program ($4,318,000)

Development of National pictorial food guides for internationals living in the US

* 1. Family Nutrition Program ($4,200,000)

 A Kiosk based 5-A-Day Nutrition Education Program

2001-2003 Council on Food and Agriculture Research ($129,189)

 The Effect of Soy Protein on Cardiovascular Disease and the Development if an

 Educational Program on Soy and Heart Health for African American Women in Illinois.

2000-2002 Council on Food and Agriculture Research ($99,140)

 Dietary Protein and Exercise are Keys to Body Weight, Fat, and Blood Lipids

2000-2003 Council on Food and Agriculture Research ($300,000)

 Soy Foods Center

* 1. USDA Family Nutrition Program ($3,790,542)

 A Kiosk based 5-A-Day Nutrition Education Program

* 1. Illinois Missouri Biotechnology Alliance ($113,975)

 Understanding and Communicating Consumer Benefits from Bio-engineered Functional

 Foods

1999 National Cattlemen’s Beef Association ($158,000)

 Adults Need Protein to Manage Blood Glucose and Body Weight

1998 Fund for Rural America ($151,144)

 Evaluating Consumer Demand for Soy-based Functional Foods

1997 Educational Technologies Board ($6,000)

 Enhancing Instructional Computing Technology

**II.) TEACHING**

**COURSES TAUGHT**

|  |  |  |
| --- | --- | --- |
|  |  | Time Taught |
| **University of Illinois** |  |
| ACES 100 | Contemporary Issues in Agricultural, Consumer And Environmental Sciences | 2001-2003 |
| NUTRS410 | Nutrition Education Utilizing Computer Tech | 2001 |
| NUTR 400  | Nutritional Sciences Seminar  | 2001 |
| FSHN 497 | FSHN Seminar | 2000 |
| FSHN 399 | Wine Appreciation | 1999-2003 |
| FSHN 145 | Introduction to Hospitality  | 1996-2003 |
| FSHN 355 | Fine Dining Management  | 1996-2003 |
| FSHN 341 | Hospitality Catering | 1996-2002 |
| FSHN 345 | Purchasing | 1992-1994 |
| FSHN 120 | Introductory Nutrition | 1992-1993 |
| FSHN 240 | Quantity Food Production Management  | 1991-2003 |
| **Michigan State University Distance Education Course** |  |
| MSU 891 | Food Safety web course | 1999-2001 |
| **Eastern Illinois University** |  |
| FCS 3784 | Commercial Quantity Food Production  | 2004-2014 |
| FCS 5152 | Readings in Nutrition Research | 2004-2013 |
| FCS 5153  | Nutrition Through the Life Cycle |  2003 |

**GRADUATE STUDENT NON-THESIS COMMITTEES**

|  |  |
| --- | --- |
| Student Name | Degree  |
| Allison Rose | December 2008 |
| Sarah Smith | December 2008 |
| Tiffany Cavoretto | December 2008 |
| Ciarra Kent | December 2008 |
| Beth Schmidt | August 2008 |
| Annalisa Bernardi | August 2008 |
| Jae Mukoyama  | December 2007 |
| Elaine Rodgers | August 2007 |
| Rachelle Lemon | May 2007 |
| Christine Ross | May 2007 |
| Amy Fuller | December 2006 |
| Kathy Rhodes | May 2006 |
| Eric Stein | December 2005 |
| Amy Olson | December 2005 |
| Kristen Di Filippo | December 2005 |
| Laura Jacob | May 2005 |
| Katie Swafford | May 2005 |
| Deb Kimberlin | May 2005 |
| Traci Frieling | December 2004 |
| Christina Pruemer | December 2004 |
| Abigail Field  | December 2004 |

**GRADUATE STUDENT NON-THESIS ADVISOR**

|  |  |
| --- | --- |
| Student Name | Degree  |
| Brenda Robinson | May 2008 |
| Jill North | MS, May 2003 |
| Paula Ho | MS, August 2002 |
| Ai Kotake | MS, May 2002 |

**STUDENT CLUB ADVISEMENT**

1992-1995 Faculty Advisor to the Hospitality Management Association student organization

1993-1996 Faculty Advisor to the College of ACES Student Advancement Committee

1999-2003 Faculty Advisor to Campus Crusade student organization

1999-2003 Faculty Advisor to the Hospitality Management Club

**GRADUATE AND UNDERGRADUATE STUDENT ADVISEMENT**

1991-2000 Advise 15-30 Hospitality Management undergraduate students each semester

1999-2003 2 Ph.D. and 7 MS candidates

**GRADUATE STUDENT THESIS ADVISOR**

|  |  |  |
| --- | --- | --- |
| Student Name | Degree (Yr. Expected) | Thesis topic |
| Julia Mackenzie  | MS, May 2015  | Consumer acceptability of four different gluten-free whole-grain cookies. |
| Margaret Schuster | MS, December 2014 | Do Pre-Meal To-Go Boxes Affect the Amount of Food Consumed in a Restaurant Setting? |
| Jenna Carlson  | MS, Sept. 2015  | Consumer Acceptability of Gluten-Free Baked Goods |
| Jessica Fink | MS, May 2015  | Female Athletes’ Acceptability of Soy Milk |
| Kenzia Hartman | MS, May 2006 | Date Violence and Unhealthy Weight Control Practices Among College Age Women |
| Hayef Bu-Maryoum | MS, May 2006 | Diabetes Awareness Among Children: A Comparison Study of Diabetes Knowledge between US and Kuwaiti children |
| Ali Al-Shammari | MS, May 2005 | The Relationship Between Food Habits, Attitudes Toward Food and Obesity Among College Students at the Public Authority for Applied Education and Training In Kuwait |
| Ala Al-Hawwaj | MS, May 2004 | Factors Effecting Mothers Decision to Breast Feed: Mothers Attitudes in Kuwait |
| Lauren Tobey | MS, May 2003 | Comparison of International Food Guide Pictorial Representations: Development, Intended Population, and Dissemination.  |
| Jee Hyun Rah | MS, May 2002 | The Effect of Nutrition Education on Taste Perception and health Knowledge Regarding Soy in an African American Population |
| Lori Dembereckyi | MS, May 2002 | The Effect of Dietary Food Records on Weight Maintenance |
| Tressie Stefan | MS, August 2002 | The Effect of Dietary analysis and Food Recording on Nutrient Intake of College Students |

**GRADUATE STUDENT THESIS COMMITTEES**

|  |  |  |
| --- | --- | --- |
| Student Name | Degree (Yr. Expected) | Thesis topic |
| Kayla Brandt | May 2013 | Influence of Flavored Milk on Calcium Consumption in Children and Adolescents |
| Ashley Waters | August 2012 | Does Menu Labeling Effect Consumer Choices? |
| Jill Barnes | December 2011 | Influential Factors Contributing to Compliance and/or Non-Compliance with the Gluten-Free Diet for Celiac Disease Individuals  |
| Dawn Wilcox | Expected May 2009 | The Effect of Peer pressure on consumption in a Restaurant Environment |
| Gwen Zumwalt | ExpectedMay 2008 | The Effect of Suggestive Selling on Consumption in a Restaurant Environment |
| Megan McCallister | 2007 | Analysis of the data from the Biggest Looser Competition at EIU |
| Angie Ison | 2007 | Comparison of Breast Feeding Attitudes and Practices Among Adolescents in Rural and Suburban Areas |
| Amanda Goetze | 2005 | Comparison of Perceived and Actual Nutritional Needs of College-age Students |

**COURSE DEVELOPMENT** (credit and non-credit)

2007 March 10- 17. For the second time we organized a spring break study abroad trip to Florence, the University of the Arts in Florence Italy that was led by Ms. Katie Shaw and Dr. Kaye Woodward. 23 students took the trip and studied Fashion Merchandising and Apparel & Textile design and production.

2006 May 16 – June 9. For the third year I assisted in the organization of two specialized courses taught by faculty members from Apicius the Culinary Institute of Florence in Italy. Dr. Cecelia Ricci offered a course on Mediterranean cuisine and Dr. Diletta Frescobaldi taught wine and food pairing.

2006 I assisted three students in attending a one month study abroad at Apicius the Culinary Institute of Florence Italy.

2005 May 16 – June 9. For the second year we organized two specialized courses through the School of Family and Consumer Sciences that were managed by Kathy Rhodes and taught by faculty members from the Apicius Culinary Institute of Florence in Italy. Dr. Cecelia Ricci offered a course on Mediterranean cuisine that consisted of a lecture and discussion period followed by the preparation of various full-course meals in the Foods Laboratory. Dr. Diletta Frescobaldi, a descendent of a famous Italian winemaking family, taught wine and food pairing.

2005 March 12 - 20. We organized a spring break study abroad trip to Apicius, the Culinary Institute of Florence Italy that was led by Dr. Linda Simpson and Dr. Kaye Woodward. 42 students took the trip and studied Wine Appreciation and Mediterranean Diet Preparation.

2005 The students in the FCS 5152 Readings in Nutrition class presented a 4 part series on WEIU regarding Proper food selection and preparation. Television shows were filmed on 3 days, March 7, 21 and 24. Students learned methods of presenting via television media and at the same time provided a public service.

2005 On February 26. I organized a trip to Chicago for the Student Association of Family and Consumer Sciences. The students visited 6 hospitality establishments meeting with the owners and sampling the cuisine. Establishments visited included:

Wildfire Restaurant, Schaumburg

 Red Lobster, Bloomingdale

Lynfred Winery, Roselle

 Hilton O’Hare Hotel, O’Hare Airport

 Al’s Beef, Franklin Park

 Nancy’s Pizza, Franklin Park

2004 July 26 – August 19. I brought Professors from the Culinary Institute of Florence to teach at Eastern Illinois University. Diletta Frescobaldi PhD taught a class on Introduction to Italian Wines and Cecilia Ricci PhD taught a class on Mediterranean Diet Preparation.

2004 June 7 – June 16. Study Abroad trip Apicius, the Culinary Institute to Florence Italy. Students studied Wine Appreciation and Mediterranean Diet Preparation at Apicius.

2004 I worked with students in the FCS 5152 Readings in Nutrition class presenting a 4 part series on WEIU television regarding Dieting. The 4 shows were:

 - Comparing the Weight loss diets, January 27

 - Why diets don’t work, January 29

 - Aspects of diets that work, March 4

 - Shopping techniques, April 29

2003 Students from the FCS 5153 Nutrition in the Life Cycle presented a food preparation demonstration on WEIU, December 16. Students prepared and presented nutritious holiday recipes.

2003 I presented a demonstration on the “3 minute Grill” Channel #3 Television program on December 11, with student from the FCS 5153 Nutrition in the Life Cycle. Students gained experience preparing food on a live morning show. Students prepared and presented nutritious entrees that could be prepared quickly for holidays and special events.

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2003 I presented a demonstration on the “3 minute Grill” Channel #3 Television program on December 5, with student from the FCS 5153 Nutrition in the Life Cycle class. Students gained experience preparing food on a live morning show. Students prepared and presented nutritious Desserts that could be prepared quickly for holidays and special events.

2003 Organized a trip, October 8, for the FCS 5153 Nutrition in the Life Cycle class to Chicago to have Dinner at Charlie Trotters Restaurant. This is a 5 star restaurant that has been rated as one of the top restaurants in the US. Chefs presented and explained each course of the 7 course meal. The meal was donated. With an average check of $175 per person the monetary value of the meal was $3,500.

2003 Organized a trip, April 29, for the FSHN 145 Discovery class to Chicago to have Dinner at Charlie Trotters Restaurant. This is a 5 star restaurant that has been rated as one of the top restaurants in the US. Chefs presented and explained each course of the 7 course meal. The meal was donated. With an average check of $175 per person the monetary value of the meal was $3,500.

2003 Class trip to Chicago Suburbs April 26, FSHN 145 Introduction to Hospitality, Discovery trip. Students visited, the Hilton O’Hare, Wildfire, Mon Ami Gabi and the Marriott.

2002 Class trip to Chicago Downtown November 9, 2002, FSHN 145 Introduction to Hospitality, Discovery trip. We had appointments at Chicago Hilton and Towers, Charlie Trotters, Ann Sather’s, P.J. Clark, and La Los. At each restaurant the manager would give a tour, explain the operation, and provide samples of the signature foods.

2002 Organized a trip for the FSHN 145 Discovery class to Chicago to have Dinner at Charlie Trotters Restaurant. This is a 5 star restaurant that has been rated as one of the top restaurants in the US. Chefs presented and explained each course of the 7 course meal. The meal was donated. With an average check of $175 per person the monetary value of the meal was $3,500.

1. Developed a student exchange program for Hospitality and Nutrition Students with the University of Newcastle and the University of Huddersfield in the United Kingdom during a trip to the UK May 9-20, 2001.

2001 Developed a graduate class entitled *Nutrition Education Utilizing Computer Technology.*

The class taught basic theories of education and web page development.

2001 Developed a 2 week study abroad to Italy in conjunction with the Wine Appreciation Class. The study abroad was conducted from June 18 – July 2, 2001. The students studied the culinary traditions in the Chianti region of Tuscany in central Italy.

2000 Developed a Wine Appreciation course (FSHN 399) for seniors and graduate students in Hospitality Management. The class includes didactic information about the history, health benefits, and production of wine. The pairing of wine with food will be discussed; wine tasting will also be included.

2000 Developed a program with Channel #3 Television Station for student Chefs in FSHN 240 to gain experience preparing food on the live morning show. Students prepared and presented food corresponding to holidays and special events.

1999 Developed an Internet-based course on how to use computers to learn about nutrition. The class was first presented to low income, minority high school students and senior citizens.

1996 Hospitality Catering. FSHN 341 was developed for seniors in Hospitality Management. Students planed, prepared and served catered meals to the public. One senior and three freshmen prepared and served a meal to the provost. They also worked with outside catering companies. Half of the employees served at the Foundation reception at Assembly Hall were freshman students in the Discovery Class.

1995 Introduction to Hospitality. Started as FSHN199 then became part of the curriculum as FSHN 145. This course was developed to show the industry to freshmen outside the major and to allow freshmen in the major to experience the industry first hand as soon as they arrive at the U of I. The students worked with professionals in the field. These students worked with the seniors in FSHN 355 preparing fine dining meals and with FSHN 341 students performing caterings. A one day trip to Chicago is taken each semester where the students a given a tour of a dozen restaurants and hotels. The students sample the signature dishes at each location.

1993 Chef Mentor program for FSHN 355 (Fine Dining Management). Chefs from Champaign and Chicago were paired with seniors in Hospitality Management providing theme meals to the public. The chef and student planed, organized, staffed, purchased food, prepared food, performed financial analysis, and served the meal. The staff for the meal was provided by the 145 discovery students.

1992 Nutrition in the Media. The class was conducted at the production studio at Time Warner Cable Company. Each student produced a nutrition education class that was shown on the local public access channel.

**DISTANCE EDUCATION**

1998-2000 (Spring and Fall semesters) Team taught an online class on food safety with Michigan State University. This class was conducted asynchronously. I developed and taught one week of the class. The students were mostly health professionals from the US and other countries. My topic was recent developments in food safety.

1998 Developed and taught an online nutrition education class for low-income elderly minority individuals in central Illinois. The VOICE software used to conduct the class allows synchronous communication with the ability to archive the lectures for future reference. This is a streaming audio format that allows html slides to be viewed as the audio track explaining them is streamed. The students in the class can ask questions in writing during the presentation.

**III.) SERVICE & OUTREACH**

 School

 2003-2012 Chair, FCS Executive Committee

 2003-2012 Ex-officio, FCS Graduate Committee

 2000-2001 Faculty Grievance Committee

 2000 Search committee for FSHN department head

 College

 2008 Search committee for the LCBAS Associate Dean

 2003-2010 Administrative Council

 2001 Professional Staff Award for Excellence Selection Committee

1999-2000 ACES International Minor Exploratory Committee

1997-2003 Information Technology and Communication Services Advisory Committee

 1994-1995 College Computer and Information Task Force

 Report submitted October 20, 1995 entitled "Challenge, Change, and Choice: Communication and Information Technology Services in Tomorrow's College"

 University

 2006-2012 Executive Committee for the Council of Chairs

 2009-2010 secretary

 2006-2007 Team Grants Council

 2005-2007 Academic Technology Advisory Committee

 2004-2005 Council on University Planning and Budget

 2004-2006 Advisory Board for the BOT program

 2005-2007 Academic Technology Advisory Committee

 2000-2002 Avery Brundage Scholarship Fund Committee

 2002-2003 Chair, Avery Brundage Scholarship Fund Committee

* 1. Campus Web Strategy Committee

**PUBLICATIONS** Popular Press

Hieggelke, J. Painter J. 2002. *Nutrition Analysis Tool continues to grow with enhanced MYNAT and energy calculator*. Food Science and Human Nutrition Alumni newsletter, summer.

Painter, J.E. 1999. UI students manage little-known restaurant. Daily Illini Feb 22

Painter, J.E. 1998. Reshaping Nations Habits, Meal By Meal. The News Gazette Nov 8.

Painter, J.E. 1998. UI Students Cook-up Theme Meals. The News Gazette, Feb 4.

Painter, J.E. 1994. UI Students Earn Scholarship Money with Their Recipes Using Soybean Oil. The

 News Gazette, Jan 19.

Painter, J.E. 1985. Healthy Habits Require Time. Tulsa Tribune, July 3.

Painter, J.E. 1983. Food Additives: Friend or Foe. Tulsa Tribune, October 3.

Painter, J.E. 1983. Some of the Keys to Longevity. Tulsa Tribune, June 8.

Painter, J.E. 1983. Aiding You Inner Environment. Tulsa Tribune, February 9.

Painter, J.E. 1982. What If You Are What You Eat? Tulsa Tribune, December 22.

Painter, J.E. 1982. Anyone Can Lend Hand to End Hunger's Scourge. Tulsa Tribune, Oct. 15.

Painter, J.E. 1981. Is There Anything That Doesn't Cause Cancer? Durant Daily Democrat, April 26.

Painter, J.E. 1981. Can You Eat Too Much Starch? Durant Daily Democrat, April 12.

Painter, J.E. 1981. Cultured Dairy Products. Durant Daily Democrat, March 15.

Painter, J.E. 1981. The Importance of Fiber. Durant Daily Democrat, March 1.

Painter, J.E. 1981. Natural vs. Processed Foods. Durant Daily Democrat, February 15.

Painter, J.E. 1981. Sugar or Honey--Which is Best? Durant Daily Democrat, February 1.

**UNIVERSITY OF ILLINOIS SPEAKERS BUREAU LECTURES**

04/16/09 Rockford Illini Club Rockford, IL

 *Food Psychology, Why we eat more that we think we do*

04/04/09 Rejuvenate You Conference, Allerton, IL

 *Low Carbon Diet, good for you good for the environment*

04/05/09 Rejuvenate You Conference, Allerton, IL

 *Food Psychology, Why we eat more that we think we do*

06/19/08 New York City chapter of the Illinois Alumni Association, NY, NY

 *Food Psychology, Why we eat more that we think we do*

03/29/08 Illinois Alumni Association, Allerton, IL

 *The Health Benefits of Fruits and vegetables*

10/26/07 Illinois Alumni Association, Urbana, IL

 *The Health Benefits of Wine*

07/30/06 Illinois Alumni Association, Cincinnati, OH

 *Twelve Foods to Add to your Diet to Make You Live Longer and be Healthier*

10/16/04 San Francisco Illini Alumni Association, Napa Valley, CA

 *The Health Benefits of Wine*

08/18/04 Illinois Alumni Association, Chicago, IL

 *Italian Wine Tasting*

06/17/04 Illinois Alumni Association, St Louis, MO

 *12 Foods to Add to Your Diets to add Years to Your Life*

03/17/03 Illinois Alumni Association Club, Las Vegas, NV

 *Five Dietary Habits all Nutritionists Agree on*

03/15/03 Illinois Alumni Association Club, Albuquerque, NM

 *Five Dietary Habits all Nutritionists Agree on*

04/20/02 Illinois Alumni Association Club, Austin, TX

 *Healthy Well and Wise, Following the Food Guide Pyramid*

04/19/02 Illinois Alumni Association Club, Dallas, TX

 *Healthy Well and Wise, Following the Food Guide Pyramid*

05/05/01 Illinois Alumni Association, Seattle, WA

 *Current Eating Trends and Health*

05/04/01 Illinois Alumni Association, Portland, OR

 *Food Marketing and the Current Trend in Healthy Eating*

04/18/01 Illinois Alumni Association, San Diego, CA

 *Healthy Well and Wise, Following the Food Guide Pyramid*

04/19/01 Illinois Alumni Association, Palm Springs, CA

 *Nutrition and Your Health*

04/18/01 Illinois Alumni Association, Costa Mesa, CA

 *Nutrition and Your Health*

10/12/00 Illinois Alumni Club Leadership Conference, Urbana, IL

 *Functional Foods for Health*

03/16/00 Illinois Alumni Association Greater Orlando Illini Club, Orlando, FL

*Healthy Well and Wise*

03/18/00 Illinois Alumni Association Southwest Florida Illini Club, Cape Coral, FL

*Healthy Well and Wise*

11/05/99 University of Illinois Alumni Association, Chicago, IL

 *Using Web Technology in Undergraduate Education*

06/04/99 Illinois Alumni Association Greater Louisville Chapter, Louisville, KY

 *Healthy Well and Wise*

10/31/97 Illinois Alumni Association in Peoria, IL

 *Computer technology*

**PRESENTATIONS** Public Service Nutrition Education

05/24/13 Wellness in Balance, Charleston, IL

 *Foods to Reduce Heart Disease*

05/03/13 Wellness in Balance, Charleston, IL

 *Portion Size Me*

04/11/12 Mattoon Exchange Club, Mattoon, IL

01/23/12 The Healthy Lifestyle Workshop, Healthy Lifestyle Choices, A New Year and New You, Charleston, IL

 *Food Psychology*

06/16/11 WEIU Local Television Taping, Charleston, IL

 *Calories Count*

07/22/10 Academy of Lifetime Learning, Charleston, IL

 *Food Psychology; Why We Eat More Than We Think We Do*

04/21/10 Beta Sigma Phi, Charleston, IL

 *Foods that Reduce The Risk of Cancer*

03/27/10 Foundations Day, Charleston, IL

 *Food Psychology; Why We Eat More Than We Think We Do*

11/17/09 Fox River Foods, St Charles, IL

 *Food Psychology; Why We Eat More Than We Think We Do*

09/15/09 Healthy Lifestyles, Charleston, IL

 *Utilizing Food Labels to Improve Health*

05/20/09 University of Illinois Secretariat, Champaign, IL

 *Food Psychology; Why We Eat More Than We Think We Do*

05/16/09 Tuscola Women's Club, Kaskaskia, IL

 *Food Psychology; Why We Eat More Than We Think We Do*

05/06/09 Beta Sigma Phi, Charleston, IL

 *6 Foods to add to your diet to make you live longer and be healthier*

03/05/09 Pan-Hellenic Council, Charleston, IL

 *Portion Size Me*

11/07/08 Elderhostel, Allerton, IL

 *Wine Appreciation and the Health Benefits of Wine*

10/20/08 Long Elementary School, St. Louis, MO

 *Healthy Eating the Color Way*

09/27/08 Family Weekend, Charleston, IL

 *Health Benefits of Wine and Wine Tasting*

09/23/08 Peace Meal, Rantoul, Il

 *Mindless Eating*

07/02/08 Weight Watcher, Villa Grove, IL

 *Mindless Eating*

05/22/08 Elderhostel, Champaign, IL

 *Food Psychology; Why We Eat More Than We Think We Do*

4/30/08 EIU weight management group, Charleston, IL

 *Food Psychology; Why We Eat More Than We Think We Do*

3/19/08 Peace Meal Senior Nutrition Program, Rantoul, IL

 *Food Psychology; Why We Eat More Than We Think We Do*

2/27/08 Healthy Eating Seminar, Charleston, Il

 *Portion Size Me Too*

1/22/08 Faculty Development, Charleston, Il

 *Food Psychology; Why We Eat More Than We Think We Do*

11/30/07 Elderhostel, Allerton, IL

 *Health Benefits of Fruits, Wine and Chocolate*

11/28/07 Healthy Lifestyles for Faculty and Staff, Charleston, IL

 *Health Eating Through the Holidays*

11/26/07 Rotary Club, Mattoon, IL

 *Portion Size Me*

10/31/07 FCCLA, Charleston, IL

 *Portion Size Me*

10/06/07 EIU Family Weekend, Charleston, IL

 *Introduction to Wine Tasting*

09/25/07 Biggest loser weight control group, Charleston, IL

 Food Psychology; *Why We Eat More Than We Think We Do*

09/22/07 Child Care Resource & Referral, Charleston, IL

 Food Psychology; *Why We Eat More Than We Think We Do*

09/14/07 Council on the Assessment on Student Learning, Charleston, IL

 Food Psychology; *Why We Eat More Than We Think We Do*

06/25/07 Elderhostel, Champaign, IL

 Food Psychology; *Why We Eat More Than We Think We Do*

06/12/07 Elderhostel, Champaign, IL

 *Why We Eat More Than We Think We Do*

06/05/07 Oral Roberts Ministries, Tulsa, OK

 *Why We Eat More Than We Think We Do*

05/24/07 Elderhostel, Champaign, IL

 *Why We Eat More Than We Think We Do*

05/24/07 Healthy Lifestyles for Faculty and Staff, Charleston, IL

 *Why We Eat More Than We Think*

04/10/07 Care Givers Support group, Charleston, IL

 *Maintaining your Health While Caring for Others*

09/07/06 EIU Alumni Association, Charleston, IL

 *Why we Eat More than We Think*

03/04/06 Annual Gerontology Conference, Charleston, IL

 *Changing Portions Throughout the Generations*

02/07/06 Civil Service Council, Charleston, IL

 *Portion Size Me*

02/15/06 FCCLA Regional Meeting, Charleston, IL

 *Proper Portion*

08/29/05 Reshaping Coles meeting, Charleston, IL

 Web site presentation

04/28/05 Eastern Illinois University, Charleston, IL

 Why We Eat More Than We Think

11/11/04 Student Association of Family and Consumer Sciences, Charleston, IL

 New directions in FCS

11/05/04 Lumpkin College Staff Presentation, Charleston, IL

 Nutrition for Health and Wellness

10/26/04 Family, Career and Community Leaders of America FCCLA

 Career opportunities in Family and Consumer Sciences

04/07/04 Eastern Illinois University, Charleston, IL

 Popular Diets, What Works?

03/05/04 EIU, FCS class guest lecture

 Wine Appreciation

02/19/04 EIU Legislative Day, Springfield, IL

 Trend bending, Reducing Obesity in Coles County

02/02/04 Carle Weight loss Program, Champaign, IL

 Cheers to a Safe and Healthy 2004

07/23/03 Fountain of Life Family Fellowship, Tolono, IL

Adding a Dozen Foods to Your Diet to Make You Live Longer

07/16/03 Fountain of Life Family Fellowship, Tolono, IL

Eating the Way God Intended to get the Body you Always Wanted

07/14/03 Elderhostel, Urbana, IL

 Phyto-Nutrients, Heart Health and Cancer Prevention

05/07/03 Circle of Friends Adult Daycare, Urbana, IL

 Eating for Health and Fitness

04/16/03 Student Dietetic Association, Champaign, IL

Health Benefits of a Vegetarian Diet

11/02/02 University of Illinois Alumni Assoc, Monticello, IL

 The Basics of Wine Tasting

11/03/02 University of Illinois Alumni Assoc, Monticello, IL

 The Health Benefits of Wine and a Tuscan Cuisine

10/10/02 University of Illinois Campus roundtable, Urbana, IL

Functional Foods for Health

09/26/02 Senior Scholars Program, Urbana, IL

 A Heart Healthy Lifestyle

09/19/02 Senior Scholars Program, Urbana, IL

 Phyto-Nutrients and Cancer Prevention.

09/18/02 Student Dietetic Association, Urbana, IL

 Consulting Opportunities for Dietitians

06/11/02 Elderhostel, Urbana, IL

 Phyto-Nutrients, Heart Health and Cancer Prevention

03/27/02 McKinley Health Center Wellness Promotion Unit, Champaign, IL

 Fad Diets and Popular Nutrition

02/21/02 Current Topics in Nutrition In-service series Teleconference, Urbana, IL

 International Food Guides Presentation given to 45 sites in Illinois, 250 registered participants

12/03/01 ACES Technology Lecture Series, Urbana, IL

 Nutrition Education On-Line

11/11/01 African American Women, Urbana, IL

 Health Benefits of Consuming Soy

11/08/01 African American Women, Urbana, IL

 Health Benefits of Consuming Soy

10/25/01 Illinois House Agriculture Committee and Illinois Senate Ag. Committee, Urbana, IL

 Presentation regarding the Hospitality Management Program

07/26/01 Elderhostel Program, Urbana, IL

 Healthy Well and Wise, Following the Food Guide Pyramid

07/18/01 Biotechnology and your Health in the 21 st. Century, Champaign, IL

 Phyto-nutrients in the Pyramid

07/18/01 Lions club, Urbana, IL

 Following the Food Guide Pyramid for Better Future Fitness

05/24/01 Elderhostel Program, Champaign, IL

 Phyto-nutrients and Health Promotion

04/10/01 Urbana Rotary, Urbana, IL

 Prescription for a long and Healthy Life

03/08/01 Campus Round Table, Urbana, IL

 5-A-day, Phyto-Nutrients and Health

01/26/01 Job Core Program, Urban League of Champaign County

 Health and Nutrition

10/17/00 Elderhostel Program

 Phyto-nutrients and Health Promotion

09/25/00 ACES 100

 Health and Nutrition

09/21/00 Elderhostel Program, Champaign, IL

 Healthy Well and Wise

09/12/00 Bank of Illinois, Champaign, IL

 Nutrition, Exercise, and Physical Fitness

08/21/00 Elderhostel, Champaign, IL

 Living a Healthy Lifestyle

07/10/00 Elderhostel Program, Champaign, IL

 Healthy Well and Wise

05/09/00 Bank of Illinois, Champaign, IL

 Living a Healthy Lifestyle

05/01/00 Elderhostel Program, Champaign, IL

 Phyto-Nutrients and Your Health

02/21/00 Alpha Gamma Delta Sorority

 Choosing a Healthy Lifestyle, Living a Balanced Life, Body, Mind, and Spirit

02/19/00 Illini Life

 Choosing a Healthy Lifestyle, Living a Balanced Life, Body, Mind, and Spirit

01/26/00 Greek Intervarsity

 Choosing a Healthy Lifestyle, Living a Balanced Life, Body, Mind, and Spirit

11/29/99 Chi Omega Sorority

 Choosing a Healthy Lifestyle, Living a Balanced Life, Body, Mind, and Spirit

11/24/99 Seniors in Community Service Program, Urban League of Champaign County

 Healthy eating through the holidays

11/15/99 Dorm talk at the Westin

 Choosing a Healthy Lifestyle, Living a Balanced Life, Body, Mind, and Spirit

09/20/99 Elderhostel

 Nutrition, Exercise and Health

07/12/99 Elderhostel

 Nutrition, Exercise and Health

06/21/99 Elderhostel

 Phyto-nutrients and Health, Part of a Healthy Lifestyle

05/31/99 Taught a week-long Elderhostel

 Senior Surfers: Around the World in 5 Days

02/03/99 Senior Scholars Program, Rantoul, IL

 Healthy Well and Wise, How to Stay Healthy as an Older American

10/16/98 Pampered Chef

Presentation to Doris Christopher and her staff on the use of computers in the food service industry

10/13/98 Provena Covenant to the Mended Hearts group

 Prevention of Heart Disease through Proper Nutrition

04/23/98 Clark Lindsay Village

 Phytochemicals in a Healthy Diet

12/03/97 Clark Lindsay Village

 Proper Diet and Exercise

11/21/97 Senior Scholars Program, Urbana, IL

 Healthy Well and Wise, How to Stay Healthy as an Older American

10/13/97 Windsor of Savoy, Champaign, IL

 Proper Diet and Exercise in Reducing Blood Cholesterol

10/06/97 Windsor of Savoy, Champaign, IL

 Reducing your Risk of Heart Disease with Proper Diet

09/29/97 Windsor of Savoy, Champaign, IL

 Reducing Cancer Risk Through Proper Diet

09/22/97 Windsor of Savoy, Champaign, IL

 The Health Benefits of Consuming Soy Products

08/22/97 Champaign County Urban League, Urbana, IL

 Reducing your Risk of Heart Disease with Diet

07/10/97 Earth Partners, Parkland College, Champaign, IL

 What Soy Foods are Available and How to Prepare Them

05/22/97 State Universities Annuitants Association

 Practicing a Healthy Lifestyle

05/13/97 Urbana Senior Center

 Reducing your Risk of Heart Disease with Diet

01/97 Senior Scholars Program, Urbana, IL

 Healthy, Well and Wise, How to Stay Healthy as an Older American

11/25/96 Windsor of Savoy, Champaign, IL

 Proper Diet and Exercise in Reducing Blood Cholesterol

11/18/96 Windsor of Savoy, Champaign, IL

 Reducing your Risk of Heart Disease with Proper Diet

11/11/96 Windsor of Savoy, Champaign, IL

 Health Benefits of Consuming Soy Products

10/22/96 University of Illinois Alumni Association

 Proper Nutrition in the Retirement Years, Using the Nutrient Analysis Tool

10/21/96 Windsor of Savoy, Champaign, IL

 Reducing Cancer Risk Through Proper Diet

09/18/96 Windsor of Savoy, Champaign, IL

 The Health Benefits of Consuming Soy Products

08/96 Elderhostel Lecture, Champaign, IL

 Using the Nutrient Analysis Tool on the Internet to Assess Dietary Adequacy

04/96 Champaign County Urban League, Urbana, IL

 Reducing your Risk of Heart Disease with Diet

**PRESENTATIONS** To EIU classes

04/26/10 EIU 4151, Nutrition Dilemmas

 Food Psychology

03/31/10 FCS 1000, Foundations in FCS

 Mindless Eating

03/04/10 FCS 1000, Foundations in FCS

 Mindless Eating

03/12/09 FCS 1000, Foundations

 Food Psychology

02/23/09 EIU 4151, Nutrition Dilemmas

 Food Psychology

12/05/08 EIU 4151, Nutrition Dilemmas

 Food Psychology

10/14/08 FCS 1000, Foundations in FCS

 Mindless Eating

11/13/07 FCS 1000, Foundations

 Food Psychology

10/27/05 Eastern Illinois University EIU 4151 Nutritional Dilemmas and Decisions

 Portion Size Me

04/04/05 Eastern Illinois University FCS 4780 Living Environments class

 Presented concept design for the court yard

01/20/04 EIU, FCS class guest lecture

 International Food Guide Pictorial Representations

09/30/03 FCS 2431, Trends in FCS guest lecture

 Current Research in Family and Consumer Sciences

09/26/03 EIU, FCS guest lecture

 International Food Guide Pictorial Representations

**INTERVIEWS RADIO, TELEVISION, & MAGAZINE**

01/28/13 Matt Townsend Show, BYU, Sirius XM Satellite Radio

 Portion Size Me

 10/02/12 National Pasteurized Eggs, Chicago IL

 The Safest Choice

 06/13/12 New York City Media Tour, New York City, NY

 California Raisins Latest Nutrition Research & Related Resources

 11/14/11 Shine from Yahoo!

 Best Snack for Your Diet? In-shell Pistachios

 11/08/11 New York City Media Tour, New York City, NY

 “The Pistachio Principle” and Latest Weight Management Research

09/16/11 USA Today

 My Plate Symbol

06/02/11 LA Times

 Food Pyramid to Be Replaced by Circle

05/11 CBS Morning Show, New York City, NY

 Food Psychology: Ice Cream Bowl Study

05/10/10 CNN, Atlanta, GA

 The Pistachio Principle

09/25/08 WILL, Environmental Report, Champaign, IL

 The Pistachio Principle

06/19/08 CBS Morning Show, NY, NY

 Shopping Behavior, Food Psychology

04/07/08 WDWS radio, Champaign, IL

 Healthy Italian Cooking and Italian wines

08/25/07 Chicago Tribune

 My Big Fat Night Out

11/27/06 CBS Morning Show, NY, NY

 Portion Size Me

 <http://www.cbsnews.com/stories/2006/12/01/earlyshow/contributors/susankoeppen/main2221917.shtml?source=search_story>

11/10/06 WAND TV, Decatur, IL

 Reducing Portions Through the Holidays

06/03/05 WDWS radio, Champaign, IL

 Italian wines

06/01/05 Natural History Magazine

 Regarding food consumption research publication in Obesity Research

05/12/05 Times Courier Journal Gazette

 Mediterranean Diet Cooking Classes

04/27/05 Kansas City Star

 Comparing the new USDA food guide pyramid to international food guides

09/02/04 The Herald News, Fall River Massachusetts

 Consumer Acceptance of Ztrim

08/17/04 Interview WCIA channel 3 television Early Morning Show

 Introduction to Italian Wines

04/19/04 Interview WEIU 88.9 FM Issues and attitudes, Sara miller

 Reshaping Coles, Reducing Obesity

02/23/04 Interview by Sarah Miller, Home Town Herald

 Popular weight loss diets.

01/27/04 WEIU TV

 Presentation on using portion size to reduce food intake

01/16/04 WEIU TV interview by Lori Casey

 Nutrition and Health

12/05/03 WCIA Channel 3. Cooking show

 One Minute Meals

10/29/02 WAND TV, Dawn Torshia

 Comparing Fast Food Menus Using the NAT for Cell Phones

08/05/02 Self Magazine, Julie Spears

 The NAT fast food restaurant tool for cell phones

08/05/02 Cooking Light Magazine, Karen Asp, health and fitness writer

 Using the NAT tool for weight maintenance

07/01/02 WILL radio Afternoon Magazine, Celeste Quinn

 Discussed the NAT tool for the cell phone along with other weight loss tools

04/29/02 Daily Illini, April 29, 2002. *Does Cola do a Body Good.* The Effect of Soft Drinks on Satiety

04/10/02 WDWS radio morning show

 How Healthy are the Popular High Protein Diets

03/2002 NBC’s 20/20 Phone Interview

 The Benefits of Soy Protein

12/07/01 Ag Day Syndicated Television program. Show on MY Nat. Ag Day is shown on 170 TV stations and a radio audience of 2.8 million.

03/04/01 The News Gazette, Feature Article. *Show Time for Student Chefs*. Interview

 regarding the chef apprenticeship program in the Fine Dinning FSN 355.

02/16/01 20/20 Participated with students in presenting a program on “Weight Control”

02/13/01 WCIA Channel 3

02/10/01 The News Gazette. *Junk Food Gets Low Mark*. Interview regarding the nutritional

 quality of snacks sold in school food service.

Conducted Program with students on preparing foods for Valentines Day

01/22/01 WCIA Channel 3

Conducted Program with students on preparing food for the Super Bowl

01/31/01 Daily Illini, *Study Paints Clear Picture of Eating.* Interview covering our research

 regarding the influences of external signals to stop eating.

12/27/00 WCIA Channel 3

Conducted Program with students on preparing gourmet foods for the Holidays

01/00 WCIA Channel 3

 Program on weight loss after the holidays

02/00 University of Illinois Extension.

 Television interview regarding incorporating soy into the American diet.

02/00 WDZ radio Decatur.

 Phone interview regarding the Nutrition Analysis Tool.

11/00 WCIA Channel 3

Conducted Program with students on food safety during the Holidays

02/00 University of Illinois Extension.

 Television interview regarding incorporating soy into the American diet.

02/00 University of Illinois Extension.

 Television interview regarding incorporating soy into the American diet.

11/99 WICD Channel 15

 Program on preparing a Thanksgiving turkey.

11/99 WCIA Channel 3

 Program on healthy eating through the holidays.

11/99 University of Illinois Extension.

 TV/Radio interview regarding Soy Information Web Page

07/99 University of Illinois Extension.

 Radio interview regarding Soy Information Web Page

05/99 University of Illinois Extension.

 Radio interview regarding Soy Information Web Page

02/99 University of Illinois Extension.

 TV/Radio interview regarding Soy Information Web Page

12/98 WCIA Channel 3

 Program on preparing healthy holiday meals.

1998 University of Illinois half time spot

 This was a 30-sec advertisement for the University regarding the NAT that played during the football and basketball seasons.

11/98 WICD Channel 15

 Program on food safety during the holidays.

03/98 University of Illinois Extension.

 Radio interview regarding Energy Calculator Web Page

03/98 University of Illinois Extension.

 Radio interview regarding Nutrition Analysis Tool Web Page

08/97 University of Illinois Extension.

 Radio interview regarding Energy Calculator Web Page

04/97 University of Illinois Extension.

 Radio interview regarding Energy Calculator Web Page

04/97 University of Illinois Extension.

 Television\Radio interview regarding Nutrition Analysis Tool Web Page

04/97 University of Illinois Extension.

 Radio interview regarding Nutrition Analysis Tool Web Page

**ARTICLES REGARDING RESEARCH, OUTREACH, AND TEACHING**

Eating Well Blog, January 4, 2012, *10 Tricks to Make Losing Weight Easier*

Taste of Home Magazine, January 2012, *You Say You Want a Resolution*

FREIZEIT REVUE, December 14, 2011, *Schlanker dank Pistazien*

PR Newswire Blog, December 7, 2011, *Fool Yourself Full with the Skinny Nut This Holiday Season*

Shape Magazine, December 2011, *Eat Right, Fuel Your Body!*

Shape Magazine Blog, November 30, 2011, *A High Protein Salty Snack You Won’t Overdo*

Life Lift, The Oprah Blog, November 21, 2011, *The Pistachio Nut Mind Trick*

Articlesbase, November 15, 2011, *The Pistachio Principle Promise*

Health and Wellness Magazine, November 13, 2011, *Mindful Eating And Nuts For Weight Loss*

Men’s Health, November 2011, *Be a Wise Cracker*

Shine on Yahoo!, October 27, 2011, *Can Eating Pistachios Help You Lose Weight?*

Modern Mom Health and Fitness, October, 19, 2011, *The Pistachio Principle And Other Tricks For A*

Women’s Health, October 2011, *Health Nuts*

HealthLine, September, 28, 2011, *Superfood of the Week: HealthBenefits of Pistachios*

Wikipedia.com, August 12, 2011, Quoted under the search term “Pistachio”

Smartmoney.com Blog, August 2, 2011, *Self-Serve: The Bane of Budgets and Diets*

USA Today Blog, August 2, 2011, *Do You Suffer From Portion Distortion?*

Prima Magazine, August 2011,  *Add the Following to Your Heart Healthy Diety*

Red Magazine, August 2011, *Pistachio Effect*

DietsInReview.com, July, 27, 2011, *New Study Dubs Pistachios the “Skinny Nut”*

*Leaner Waist & Hips*

HuffPost Food, July 22, 2011, *The Pistachio Effect*

Men’s Health News, July, 21, 2011, *Eat 40% Fewer Snacks*

Psychology Today, July 21, 2011, *The Pistachio Effect*

Yahoo! News, Cosmopolitan, July 19, 2011, *The 1 Snack That Will Get Your Body Bikini-*

*Ready*

UK Daily News, July 19, 2011, *The Pistachio Effect: Shelling nuts or unwrapping sweets can cut*

*calories by 40 per cent*

Cosmopolitan Online, July, 18, 2011, *The Afternoon Snack That Gets Your Body Bikini-*

*Ready*

The New Indian Express, May 2010, *Going Nuts about it the Pistachio Principle*

Healthy & Fit, November 2009, *The Size of your Plate and your Weight*

Women’s Health, Moscow, Russia, Oct, 2009, 7 Skinny Rules, the pistachio principle.

Shape Magazine, October 2009, *Losing Weight Without Dieting*

Glamour, January, 2008, *How To Get To Your Happy Weight*

Glamour, October, 2007, *The Secret Reasons Women Gain Weight*

Better Homes and Gardens, September 2007, *Overstuffed, There are a number of reasons we overeat,*

*and they are all in our mind*

SYNAPSE, University of Southern California student paper, March 8, 2007, *The Skinny on Portion*

*Control.*

Naperville Sun, February 28, 2007, *Size Matters.*

Daily Eastern News, November 17, 2005, *‘Portion size me’ Dreams big.*

The News-Gazette, November 15, 2005, Portion *size me.*

Chicago Sun-Times, November 14, 2005, Fast *food no villain, but huge portions are.*

The Naperville Sun, November 1, 2005, *Documentary says choose fast food wisely.*

Charleston Times-Courier, *You are how much you eat.*

Daily Eastern News, October 24, 2005, *Professor’s documentary receives positive reviews at St.*

*Louis debut.*

Charleston Times-Courier, October, 18, 2005, *Documentary says bring on the fast food- in*

Chicago Tribune, October, 9, 2005, *Massive Food Portions.*

Eastern Daily News, June 9, 2005, *A bit of Italy in a bottle.*

Charleston Times- Courier, May 5, 2005, *Mediterranean cooking course adds a twist, incorporates*

*photography.*

Daily Eastern News, March 24, 2005, *Students learn to cook up some international culture.*

The Kansas City Star, August 17, 2005, *Portion distortion.*

Daily Eastern News, August, 23, 2005, *Burgers, shakes- a slimmer waist.*

*moderation.*

Daily Eastern News, August, 31, 2004, *Student restaurant coming to campus.* Discussion of new restaurant brought to campus by the FCS department.

Daily Eastern News, July 21, 2004, *Going to class never tasted so good.*

Charleston Times- Courier, July 17, 2004, *EIU brings Italy’s finest to Charleston for community classes.*

Cooking Light, Jan/Feb. 2003. *Appetizing Words,* The article discusses research on the effect of menu labels on food sales and perception of quality.

The News Gazette, February 12, 2003. *Taste of the Real World,* An article about FSHN 355 Fine Dining.

Inside Illinois, February 6, 2003, *Researchers say protein-rich diets aid weight loss.*

University of Illinois in the Home, winter 2003, *Fast Food Facts on your Cell phone*

The Illini Horizon, Fall 2002, *Class Teaches Wine Appreciation*

Wise Ways, U of I Extension, October 16, 2002, *NAT Tools on the Internet for Good Health*

Restaurants and Institutions, September 1, 2002, Word of Mouth. The article discusses research on the effect of menu labels on food sales and perception of quality.

Sauk Valley newspaper, July 28, 2002, *Food and Nutrition on the Cell Phone.*

Paxton Daily Record, June 27, 2002, *Phone can help count calories.*

University of Illinois Extension News June 12, 2002, *Fast Food Facts on your Cell Phone*.

Tufts University Health & Nutrition Letter, June 2002. *Whether Pyramid, Plate, or Pagoda, All Recommend Less Protein and More Carbohydrate.*

Nutrition Spotlight, Kansas State University, May 13, 2002, A comparison of Nutrition Analysis Software.

ADA Currier, April 2002, *Nutrition Analysis Tool Continues to Grow with Enhanced MYNAT and Energy Calculator*.

Functional Foods for Health News, April 2002, *The Nutrition Analysis Tool Continues to grow.*

The State Journal Register, February 20, 2002, *Counting Calories? U of I Web Site Offers Nutritional Analysis.*

The News Gazette, February 5, 2001, *UI researchers studying people’s eating behaviors.* This article covered our research on behaviors that influence food consumption.

Inside Illinois, February 1, 2001,Article regarding ABC’s 20/20 coverage of our research.

Inside Illinois, September 7, 2000, UI Web site considered most popular of Big 10 and most linked-to.

Illinois Research, 4(5), 2000. Log on to Better Health. p 28-29.

Daily Illini, July 11, 2000. University Web site tops the Big Ten list. The article mentions NAT as one of the top pages on the U of I site.

The News Gazette, April 7, 2000. *Bevier Hall Provides Lessons in Fine Dining and varied cuisine.*

College of ACES. Information Technology and Communications Research, 2000. Research Success for Illinois, Online with Nutrition. This is an informational brochure regarding studies that have been conducted with NAT.

The News Gazette, February 7, 2000. *UI Site Can Help Analyze Your Diet*. The article discusses various uses for NAT.

Gerontological Nutritionists, fall, 1999. *U of I Project Combines Computer Training with Nutrition Information.*

British Journal of Nutrition, 1999, 81,413-416. *Nutrition Discussion Forum*. The article mentions the Nutrition Analysis Tool.

Journal of the American Dietetic Association. Nov 1999. *World Wide Access to Information and Education*. This is an article discussing the Nutrition Analysis Tool.

The News Gazette, Oct 20, 1999. *A taste of the grape.* Discusses a wine class that was taught at the University of Illinois

Yahoo Internet Life, August, 1999. *Incredibly Useful Web Sites, Map out Meals.* The use of NAT is explained.

Good Housekeeping, July, 1999. *Nutrition on the Net*. Discusses weight loss and suggests NAT as a tool to help.

Functional Foods for Health program brochure, May, 1999. *The Nutrition Analysis Tool.*

Cooking Light, May, 1999. *Curious About the Chicken Soup*. The article highlights NAT as one of the web based analysis tools.

Inside Illinois, Mar 4, 1999. *Hands-on teamwork serves hospitality management students*. Article about the Hospitality Management program.

Daily Illini, Feb 22, 1999. *UI students manage little-known restaurant*. Article about Bevier Cafe and the Spice Box Restaurant.

The News Gazette, Nov 8, 1998. *Reshaping Nations Habits, Meal By Meal*. This is an article concerning the group of Nigerian women that we trained in the use of soy in cooking.

National Soybean Research Lab Bulletin, Feb, 1998, Vol. 5, no. 1. *Education and New Products Aim to Change Attitudes About Soy Foods*. Studies conducted on consumer preferences concerning soy were reviewed along with other studies.

The News Gazette, Feb 4, 1998. *UI Students Cook-up Theme Meals*. Article about the chef mentor program in the FSHN 355 class.

Daily Illini, Nov 26, 1997. *Students Anticipate Thanksgiving Holiday*. An article about food safety through the holidays.

Journal Star, Nov 25, 1997. *Slice of Pumpkin Pie? It's a Healthy Choice Pilgrim*. An article about soy recipes created in the Quantity Foods Lab for healthy holiday eating.

The News Gazette, Nov 19, 1997. *Food for a Healthier Holiday*. The article reviewed an education class conducted by independent study students at a local adult day care.

Health Magazine, Sept 1997. *A Free Diet Checkup.* Write-up on the Nutrition Analysis Tool.

Cooperative Extension Service News, July 25, 1997. *Health Education About Soy Leaves a Favorable Impression*. The article reviewed Focus Groups that were conducted at Bevier.

CBORD User News, Summer 1997. *University of Illinois Teaching by Example Article about the use of technology in FSHN 240 and FSHN 355*.

Illinois AgriNews, Aug 8, 1997. *Health Education about Soy Leaves Favorable Impression.* An article reviewing Focus Groups I conducted concerning consumer acceptance of soy.

The News Gazette, Feb 22, 1996. *UI Foods and Nutrition Class Makes the Most of Soy Products*. Article about soy products developed in FSHN 240.

Instructional Computing U of I. 1994. *Computer Improves Restaurant Management Students' Skills*. This is an article that reviewed computer use in FN 120, FN 240, FN 345, FN 355.

The News Gazette, Mar 27, 1994. *UI Students Score with Soy Dishes.*  Coverage of the ISPOB soy recipe contest conducted in the Quantity Foods Lab.

The News Gazette, Jan 19, 1994. *UI Students Earn Scholarship Money with Their Recipes Using Soybean Oil*.

**COMMUNITY OUTREACH**

2005 Portion-Size Me

 As a rebuttal to the documentary Super-Size me we filmed Portion-Size Me. The goals of the film were to show that there are health food choices at fast food restaurants and if these foods are chosen and consumed in proper portions, one can maintain weight and health. We documented two students eating exclusively fast food for 30 days. At the end of the period the students had lost weight, reduced blood cholesterol and their liver function tests were normal.

2003 Reshaping Coles

 Reshaping Coles was conceived during a Community Trend bending effort that was started in March of 2003. The Coles County Trend bending Committee selected increasing obesity as the “trend” that they would like to bend toward healthier lifestyles. The goal for Reshaping Coles was to increase consumption of fruits and vegetables, while increasing the activity level of area residents. Two 10-week programs were held, one in the fall of 2004 and one in the spring of 2005. Each participant became a member of a team led by a captain who provided support to help members reach goals, which helped with encouragement and motivation throughout the program. I developed a web site that I have maintained throughout the programs. Participants logged onto the database and recorded their fruit and vegetable input and their activity output. Teams from EIU, Sarah Bush Lincoln, Charleston School District, First Mid-America Savings, Consolidated Communication and individual community teams have participated. To date over 1,000 individuals in the community have participated in the program expending over 1 million minutes of activity and consuming over 100,000 servings of fruits and vegetables. [www.reshapingcoles.com](http://www.reshapingcoles.com)

2001 Douglass Center, Champaign, IL

 Displayed a booth on the Health Benefits of consuming soy at a health fair for low income African Americans.

04/01 Development of a 5-A-Day Education Program. The program was placed on five Kiosks that were purchased and deployed in the Peoria area. A computer based education program was developed that presented nutrition education on the importance of eating five fruits and vegetables per day. The goal of the program is to teach low-income minority citizens in Illinois about proper nutrition and address the digital divide by bringing computer technology to communities that have not had access in the past.

06/00 – 06/01 Coordinated a Culinary Sciences Workshop taught by Walter Rhee which focused on Asian cooking principles.

10/2000 Celebration of Taste, Urbana, IL. I supervised the students in the freshman discovery class, FSHN 145, in helping to prepare and serve a fundraising dinner for the Provena Covenant Medical Center Foundation. A total of $80,000 was raised during the event. The students received class credit for their participation in the event.

09/28/00 Farm Progress Show, Springfield, IL. A booth demonstrated the use of the Nutrition Analysis Tool and other web based nutrition education programs to the public.

10/24/99 Celebration of Taste. Students in the FSHN 145 discovery class helped prepare and serve a benefit dinner for 300 to raise money for Provena Covenant.

08/07/99 World Soybean Research Conference IV

 Provided soy snack foods for the 1,800 participants at the conference.

02/11/99 Hosted students from Champaign Centennial High school as part of a job-shadowing program I developed with their Hospitality instructor.

09/13/98 Supervised a benefit banquet at the Holiday Inn for Provena Covenant Medical Center. Students from the freshman Discovery Class were involved in the preparation and service.

09/98 Installed a $20,000 computer lab at the Douglass Center in Champaign and taught classes on Computers and Nutrition Education to low-income minority older adults.

09/04/98 DuQuoin State Fair. Conducted study on consumer acceptance of soy ice cream working with collaborators from SIU.

09/24/97 Farm Progress Show

 Made and distributed 8,000+ soy cookies and answered questions from the public

Summer 1996 Developed and managed the Culinary Sciences Workshop that was taught by Jean-Pierre Vasaune.

Summer 1996 Developed the "Seed to Table" school to work program with Ms. Taube of the Champaign Chamber of Commerce. The program would introduce high school students to the soy industry from planting to service.

05/10/96 Organized a food show of 20 vendors at Bevier Cafeteria in cooperation with Gordon Foods. Students were able to sample a variety of foods from these vendors.

**OUTREACH & COURSE SOFTWARE DEVELOPMENT**

1. My software development team created an energy requirement palm calculator.

This tool allows an individual to enter a day’s activities in increments of one-minute.The result is an accurate printout of actual energy requirements specifically for your height, weight, age, and gender.

2004 My software development team created the nutrition analysis tool (NAT), for the palm. This program allows users to record their daily food intake and then analyze the data to determine the percentage of the RDA that is received.

2002 Developed the nutrition analysis tool (NAT), for cell phones. This program allows users to access fat and calorie information for foods served in the top 10 fast food restaurants. This program provides information regarding the nutrient content of foods to consumers at the point of making the decision. While looking at the menu at a fast food restaurant customers may access this site on their cell phone. http://nat.uiuc.edu

2001 Developed version 3 of the nutrition analysis tool (NAT), MYNAT. This program added functionality to NAT. It now allows the user to save food commonly used foods and enter foods into the data base from food labels. http://www.nat.uiuc.edu

2000 Developed an online program for students to sign in and track their lab hours in FSHN 145.

1999 Redesigned and updated the Functional Foods web page. The page contains a search function that makes all of the information that has been collected in the monthly alerts available. Before the creation of this functionality the wealth of information in the alerts was not accessible to those wanting to find information on a particular subject from past issues. This search function also allows one to quickly find all faculty members who are involved in a particular area of study. The site also now includes information on hot topics shortly after it becomes available. http://www.ag.uiuc.edu/~ffh

1998 Developed a Web-Based Nutrition Education Program on the Health Benefits of Consuming Soy. Financial support supplied by the Illinois Soybean Operating Board. This program provides information on the content and use of various soy products. An educational program on the health benefits of consuming soy is also provided. http://www.ag.uiuc.edu/~food-lab/soy/soy.html

1997 Developed an online energy requirement calculator. This tool allows an individual to enter a day’s activities in one-minute increments. The result is an accurate printout of actual energy requirements specific to your height, weight, age, and gender. It also allows activities to be entered in one hour increments for a simpler, yet less accurate, evaluation.

1997 Developed an Internet-Based Nutrition Education Program for High School Athletes at Risk of Developing Anorexia and Bulimia. Assessed macronutrient intake, body composition, and satiety of foods.

 http://www.aces.uiuc.edu/~food-lab/sports\_nutrition/

1996 An online nutrition analysis tool (NAT) was developed for FSHN 240 (Quantity Foods) and FSHN 355 to analyze the nutritional content of recipes developed in class. It is presently responsible for over half of the traffic on the college of ACES server and receives almost a million hits each month. The user simply enters the foods they consumed. The tool then searches the USDA nutrient database and finds those foods. The user then selects how much of each food was consumed. The tool provides the percentages of the Recommended Daily Requirement for 17 nutrients. This tool is useful for those trying to lose weight and those trying to eat a balanced diet.

1995 Placed videos on the WEB demonstrating every piece of equipment in the Quantity Foods Lab. The students are expected to learn the operation of the lab within the first week of class and be serving customers by the second week. The videos allowed students to learn the operation of equipment outside of regular class hours.

1994 All class material for FSHN 355 (Fine Dining) was placed online. The class was one of the first paperless classes on campus. All class materials are given online and all assignments are handed in online. A WEB based interactive accounting system was developed to allow students to perform a complete cost accounting for the Spice Box restaurant.

**IV.) ADMINISTRATIVE AND PROFESSIONAL DEVELOPMENT**

**MEETINGS ATTENDED**

05/21/13 National Restaurant Show, Chicago, IL

05/23/10 National Restaurant Show, Chicago, IL

 EIU Event Planning Class

02/05/10   Council of Administrators for Family and Consumer Sciences, San Diego

 Conference organizer

02/04/10 California Raisin Marketing Board

 Planning Meeting

12/15/09 National Dairy Council, Rosemont, IL

 Speakers Bureau meeting

11/06/08 International Textile and Apparel Association

 Annual Meeting, Chicago, IL

07/23/08 Society for Nutrition Education, Atlanta, GA

 Annual Meeting

05/18/08 National Restaurant Show, Chicago, IL

 Annual meeting

01/29/08 Council of Administrators in Family and Consumer Sciences, Washington, DC

 Annual Conference

02/06/08 Academic Chairs Conference, Orlando, FL

 Annual conference

05/25/07 National Restaurant Show, Chicago, IL

 Annual meeting

03/15/07 Child Care Resource and Referral, Bloomington, IL

 Quarterly meeting

02/19/07 Council of Administrators in Family and Consumer Sciences, Washington, DC

 Annual Conference

02/06/07 Academic Chairs Conference, Orlando, FL

 Annual conference

05/20/06 National Restaurant Show, Chicago, IL

 Annual Trade Show and Exposition

04/08/06 Illinois Dietetic Association, Oak Brook, IL

 Annual Conference

01/05/06 Peace Meal, Charleston, IL

 Strategic Planning Meeting

11/09/05 Board of Trustees, Charleston, IL

 Advisory Board Meeting

10/21/05 ADA, St Louis, MO

 Annual Conference

09/14/05 Pretoria, South Africa

 International Nutrient Data Bank Conference

08/26/05 Bloomington, IL

 Peace Meal Advisory Council Meeting

07/24/05 SNE, Orlando, FL

 Annual Conference

06/23/05 American Association of Family and Consumer Sciences, St. Paul, MN

 Annual Conference

05/22/05 National Restaurant Association, Chicago, IL

 Annual Meeting

04/02/05 Illinois Dietetic Association, Oak Brook, IL

 Annual Conference

04/01/05 Illinois Council of Family Relations Annual Conference, Charleston, IL

 Families Across the Life Span. Internal/External Pressures

02/16/05 Council of Administrators of FCS, Washington DC

 Annual Conference

11/22/04 Glamorgan University, Cardif, Wales

 Discussion regarding student exchange

11/18/04 National Council on Family Relations, Orlando, CA

 Annual Conference

06/23/04 National Nutrient Data Conference, Iowa City, IA

 28th Annual Conference

05/25/04 National Restaurant Association, Chicago, IL

 Tradeshow and Convention

05/12/04 EIU Council of Chairs, Campaign, Il

 Retreat

05/10/04 Illinois Cultural Diversity Association, Macomb, IL

 11th Annual Dealing with Difference Institute

04/14/04 Priester Health Education Conference, St Louis, MO

 Annual Meeting

04/10/04 Eastern Illinois Dietetic Association, Champaign, IL

 Utilizing Soy in Special Diets/ Board Meeting

04/03/04 Illinois Dietetic Association, Oakbrook, IL

 Bi-Annual Conference and Board Meeting

02/25/04 Council of Administrators of Family and Consumer Sciences, Salt Lake City, UT

 Visibility, Viability, Vitality of FCS Programs, Annual Conference

02/20/04 Wisconsin Illinois Michigan Conference, Chicago, IL

 Annual Conference

02/04/04 Academic Chairpersons Conference, Orlando, FL

 Annual Conference

11/21/03 Illinois Association of Family and Consumer Sciences, Hoffman Estates, IL

 Annual Conference

08/18/03 Illinois Soybean Program Operating Board, Urbana, IL

 Planning Meeting

05/31/03 Eastern Illinois Dietetic Association, Charleston, IL

 Board meeting

04/21/03 Priester Conference, Phoenix, AZ

 Extension Health Education

04/10/03 Illinois Dietetic Association, Chicago, IL

 Board meeting

04/05/03 Buffalo Ridge Hospitality and Retreat Center, Ottawa, KS

#  Board meeting

04/03/03 Eastern Illinois Dietetic Association, Champaign, IL

#  Being Creative with Bread Dough, A Hands on Experience

02/20/03 Eastern Illinois Dietetic Association, Oakland, IL

 Impact of Legislation on the Lives of Dietitians

10/19/02 American Dietetic Association, Philadelphia, PA

 Annual Meeting

 06/28/02 Faculty Leadership Conference, Chicago IL

 Annual conference

05/08/02 Priester Health Conference, Orlando, FL

 Health Across the Life Span

09/10/01 Nutrition Education for Diverse Audiences II, Integrating Research and Practice

 Dallas, TX

08/26/01 17 th. International Congress of Nutrition Vienna, Austria

 Modern Aspects of Nutrition Present Knowledge and Future Perspectives

06/10/01 Functional Foods for Health Conference, Chicago, IL

 Annual Meeting

04/05/01 Beckman Institute, U. of I.

 Partnership Illinois Conference

03/31/01 FASEB, Orlando, FL

 Annual Meeting

03/30/01 USDA, Orlando, FL

 25 th, Annual National Nutrient Databank Conference

03/23/01 Office of the Provost

 Promotion and Tenure workshop

01/8/01 USDA, Washington, D.C.

 Popular Diets: A Scientific Review

05/18/00 Intensive Foreign Language Program (IFLIP)

 Elementary Spanish

4/4/00 International Life Sciences Institute (ILSI), Washington D.C.

 Defining Energy for a New Millennium

**MANAGEMENT PLANNING MEETINGS**

07/18/10 Institute of Food Technologists, Chicago, IL

 Presentation Planning meeting

07/17/10 Special Olympics Healthy Athletes, Omaha, NE

 Health Screening Training and Planning

07/16/10 California Raisin Marketing Board, Fresno, CA

 Research Planning meeting

06/17/10 National Wine and Grape Initiative, Seattle WA

 Planning meeting for the Grape Industry

05/18/10 Disney College Program, St Louis, MO

 Planning meeting

11/15/09 Disney College Program, Orlando, FL

 Advisory Board Meeting

12/16/08 Ashirvad Residential School, Hyderabad, India

 Internship planning meeting

10/03/09 Disney College Program, Orlando, FL

 Internship planning meeting

06/04/08 Apicius the Culinary Institute of Florence, Charleston, IL

 Planning summer 2009 classes at EIU with Cecilia Ricci

01/08/07 Illinois State University, Bloomington, IL

 Planning for a cooperative PhD program in FCS

12/18/06 Eastern Illinois Food Bank, Urbana, IL

 Food Insecurity in Eastern Illinois

02/17/06 Council of Administrators of Family and Consumer Sciences, Memphis, TN

 Positioning for the Future

05/25/05 Apicius the Culinary Institute of Florence, Charleston, IL

 Articulation meetings with the President Gabriella Ganugi

02/10/05 Disney World Resort, Orlando, FL

 Internship meeting with the Disney College Program

12/29/04 Illinois Art Institute, Chicago, IL

 Met with Michael Gray, discussing hospitality articulation

11/03/05 Meeting with Gary Niehaus, Charleston Public Schools

 Discussed cooperate ventures with EIU FCS and High School FCS students

10/18/04 San Francisco State University, San Francisco, CA

 Meeting with Nancy Rabot, Dean of the College of Family and Consumer

 Science

**ADMINISTRATIVE HISTORY**

2003-2012 Chairperson of the School of Family and Consumer Sciences, budget 4.4 million dollars. Responsibilities include supervision of 30 faculty and 200 staff, administration of a senior nutrition program in 14 counties and the Child Care Resource and Referral service in 5 counties. Duties include academic oversight of 650 undergraduate students in four academic units that include dietetics, consumer studies, family services, and apparel, textile, merchandising and hospitality. The school also offers an MS in Family and Consumer Sciences, a dietetic internship program and houses an interdisciplinary MA in Gerontology program, 120 graduate students are enrolled in the three programs.

* 1. Manager of Hospitality Management Program at the University of Illinois that includes Bevier Cafeteria, the Spice Box restaurant and the student catering operation. Responsible for the supervision of 12 employees and 75 students working in the operations. Responsibilities include training students in the operation of these facilities.

1986-1991 Senior Foodservice Director Marriott Corporation. I managed a staff of 42 FTEs at three locations. Planned and administered a budget of 1.1 million dollars. Significant accomplishments include:

 - Implementation on an off site catering business

 - Development of a Quality Assurance program

 - Created a cost containment program to control expenses

 - Increased revenue each year

 - Developed additional revenue streams

1981-1986 Director of Food Service. Marriott Corporation, University Village. Supervised a staff of 25 FTEs with a budget of $600,000.

**PRODUCT DEVELOPMENT**

2001-2002 I worked with Standard Process in the development of their line of nutrition bars. We conducted glycemic index tests of the ingredients in the bars and consulted on the formulation of the bars.

1999-2001 I consulted for Warner Lambert in the development of the Body Smarts Chocolate Peanut Crunch (CPC) and the Body Smarts Yogurt Berry Crunch (YBC) nutrition bars. I provided scientific validation for the health claims that were used on the packaging. I also prepared a comparison chart of the nutrient values and ingredient profiles of the top candy and energy bars.

1991-2000 Quantity Foods Lab manager. Duties involve teaching product development and service. For the past 18 semesters, students have been instructed in product development using various ingredients to produce high quality foods with consumer appeal. Students are instructed in the marketing, merchandising, and evaluation of consumer response. Products are then redeveloped and sold through a commercial outlet to the public.

1993-1999 Developed bakery items high in soy protein for promotion and sale to the public. Bakery products were prepared in a palatable manner with various soy protein and isoflavone contents. The products have been used to advertise soy in a wide variety of instances including the United Soybean Association Meeting, Illinois State Legislators, and US congress. Most recently 120 dozen soy products were sampled at the World Soybean Research Conference IV.

1998 Developed a shelf stable bakery product for Cookies by Design Inc. so that the company could expand sales into retail grocery outlets.

1997 Consulted on the development of foods using prune puree that were used in a human study of the health aspects of prune.

1996 Consulted on the development of foods with varying zinc levels to be used in a human study to assess biomarkers for zinc.

1994 Developed products for frying in soy oil.