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EDUCATION

05/99	Ph.D.	University of Illinois, Urbana, IL Human Resource and Family Studies
12/90	MS	Oklahoma State University, Stillwater, OK Food, Nutrition, and Institution Administration
09/80	Internship	Western Illinois University, Macomb, IL
12/77	BS	Southern Illinois University, Carbondale, IL Food & Nutrition

PROFESSIONAL EXPERIENCE

08/03-present	Eastern Illinois University, Charleston, IL Chair, School of Family and Consumer Sciences
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	Quantity Foods Lab Manager Restaurant Management/Nutrition Consultant Champaign, IL
07/86 - 09/91	Marriott Corporation, Tulsa, OK Senior Food Service Director
07/82 - 09/86	Marriott Corporation, Tulsa, OK University Village Retirement Center Director of Food Service/Chief Clinical Dietitian
07/81 - 07/82	Saga Corporation City of Faith Hospital, Tulsa, OK 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 (one year voluntary service)

PROFESSIONAL ASSOCIATIONS

2003-Present	American Association of Family and Consumer Sciences
1999-Present	Society for Nutrition Education
1994-2003	Functional Food for Health Program
1996-Present	Gamma Sigma Delta
1980-Present	American Dietetic Association
1991-Present	Illinois Dietetic Association
1991-Present	Eastern Illinois Dietetic Association (EIDA)
2003-2004	President EIDA

HONORS & AWARDS

- 1991-2003 Listed each year on the Incomplete 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 Panhellenic 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

PUBLICATIONS (Professional & Peer reviewed)

- Wansink, B., Van Ittersum, K., Painter, J.E. 2004. *How diet and health labels influence taste and satiation*. Journal of food science, Nov-Dec., v. 69, no. 9, p. S340-S346.
- Rah, J.H., Hasler, C.M., Painter, J.E., Chapman-Novakofski, K.M. 2004. *Applying the theory of Planned behavior to women's behavioral attitudes on and consumption of soy products*. Journal Of nutrition education and behavior. Sept-Oct, v. 36, no. 5, p. 238-244.
- Painter, J. 2003 *How do Manufacturers Calculate Calories for Packaged Foods?* Scientific American, August, p.95.
- Painter, J.E. Watgen, A.B. Baum, J.I. 2003 *Predicted Versus Actual Nutrient Composition in the Diet of University Students*. Foodservice Research International, 14(2), p.115-124.
- Layman, DK, RA Boileau, DJ Erickson, JE Painter, H Shiue, C Sather, and DD Christou. 2003. *A reduced ratio of carbohydrates to protein improves body composition and blood lipid profiles in adult women*. Journal of Nutrition. 133, 411-417.
- Tobey, L, Painter, J. 2003. *Comparison of International Food Guide Graphics for the Eight Most Commonly Consumed Ethnic Cuisines in the US*. Foodservice Research International, 13 (4), 205-215.
- Painter, JE. Wansink, B. Van Ittersum, K (2002). *How do Descriptive Menu Labels Influence Restaurant Attitudes*. Advances in Consumer Research, Provo, UT: Association for Consumer Research, Volume 29, 168-172.
- Painter, J.E., Lee, Y.K. 2002. *Comparison of the Effectiveness and Efficiency of Written Diagrams to Multi-media Computer Videos in Hospitality Education*. Journal of Hospitality and Tourism Education, 14(4), 20-22.
- Neighbors-Dembereckyi, L., Painter, J.E. 2002 *Online Diet Analysis Tools: A Functional Comparison*. Journal of the American Dietetic Association, 102(12), 1738-1742.
- Painter, J.E., Priscearu, V. 2002. *The Effects of Various Protein and Carbohydrate Ingredients of Energy Bars on Blood Glucose Levels in Humans*. Cereal Foods World, 47(5), 236-241.
- Painter, J., Wansink, B., Hieggelki, J. (2002). *How Visibility and Convenience Influence Candy Consumption*. Appetite 38, 237-238.
- Painter, J., Rah, J. 2002 *Comparison of International Food Guides Pictorial Representations*. Journal of the American Dietetic Association, 102(4), 483-489.
- Wansink, B., Painter, J., and Van Ittersum, K. (2002) *The Impact of Descriptive Menu Labels on Restaurant Attitudes and Repatronage* Cornell Hotel and Restaurant Administrative Quarterly, 42(6), 68-72.
- Painter, J. Sabbert, B. 2001 *Two Internet Diet Analysis Programs*. Journal of Nutrition Education 33(3), 173-174.
- Painter, J. Kotake, A. 2001 *Comparing Theories, Meal Plans, and Macronutrient Compositions of Popular High Protein Diets*. Foodservice Research International, 13(2), 101-117

- Painter, J. 2001. *Comparing Perceived vs. Actual Nutrient Composition in the Elderly Diet*. Journal of Food Composition and Analysis, 14(3), 263-267.
- Javenkoski, J. S.; Reutter, E. F.; Painter, J. E. 2000. *Linking Active Learning to Web-based Instruction: Students Teaching Students through Multimedia Productions*, 12th World conference; June : Montreal, Canada. ED MEDIA –PROCEEDINGS.VOL 2, page 1782
- Painter, J, 2000. *A Survey of Nutrition Education Programs on the Web: Comparing Animation vs. Text Only Applications*. Proceedings of the International Conference on Advances in Infrastructure for Electronic Business, Science, and Education on the Internet. L'Aquila, Italy, August 6.
- Painter, J. 2000. *Virtual Estimation: Internet program helps users determine intake and need*. Journal of the American Dietetic Association 100(9), 1002.
- Painter, J. 2000. *Teaching Garnishing and Napkin Folding to Hospitality Students, Comparing the Effectiveness of Written Diagrams vs. Multi-Media Computer Videos (A pilot Study)*. Foodservice Research International 12(3), 175-183.
- Liu, B., Painter, J., Costello, T., Sudharshan , D. 1998. *Optimal Plate Shape and Entrance Price of All You Can Eat Restaurants*. Journal of Foodservice Systems 10:3.
- Painter, J.E. 1998. *Education and New Products Aim to Change Attitudes About Soy Foods*. National Soybean Research Laboratory Bulletin, 5:1.
- Painter, J.E. 1996. *The Virtual Classroom; Learning on the World Wide Web*. Journal of the American Dietetic Association, 8:750.
- Painter, J.E. 1993. *Bringing Food Service Safety to the Table*. Illinois Research, 35:3,4.

PUBLICATIONS under review (Professional & Peer reviewed)

- Wansink, B., Van Ittersum, K., Painter, J. 2005. *How Suggestive Food Names Bias Taste*. Food Quality and Preference.
- Wansink, B., Van Ittersum, K., Painter, J. 2005. *The Suggestible Influence of Diet and Health Labels on Post-Consumption Perceptions*. Appetite

ABSTRACTS

- Painter, J., North, J. 2004. *Using Web-Based Computer Nutrition Education to Effect Attitude Toward Soy Products in an Elderly Population* Journal of Nutrition 134, no. 5 (May 2004): p. 1248S
- Painter, J.E., Priscaru, V.I., North, J. 2003. *The Starting Point for a Healthy Diet: Where the Popular Diets and Governmental Authorities Agree*. Journal of the American Dietetic Association, 103(9), A-55
- Painter, J.E., North, J. 2003. *Effects of Visibility and Convenience on Snack Food Consumption*. Journal of the American Dietetic Association, 103(9), A-81.
- Tobey, L. Painter, J.E. 2003. *A Comparison of International Food Guide Graphics*. Journal of the American Dietetic Association, 103(9), A-88.
- Stefan, TM. Painter, J.E. 2003. *Diet Analysis Feedback as a means of Improving the Nutrient Intake in a College Population*. Journal of the American Dietetic Association, 103(9), A-81.
- Painter, JE., Tobey, L. 2003 *Diversity of Central American Food Guide Pictorial Representations*. The FASEB Journal, 17,4.
- Painter, JE., Watgen, AB. Baum, JI. 2003. *Comparing Predicted vs. Actual Consumption of Nutrients in a University Student Diet* The FASEB Journal, 17,4.
- Painter, J.E., Hieggelki, J.B. 2002. *Preferences For Energy and Candy Bars by Gender, Usage, and Weight Training Participation*. Journal of the American Dietetic Association, 102(9), A-33.
- Baum, J.I., Layman, D., Erickson, D., Boileau, R., Painter, J., Shiue, H., Sather, C. 2002. *Increased Dietary Protein Alters Glucose Homeostasis During Weight Loss*. The FASEB Journal, 16, 4, pA260.

- 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 Proceedings. May 12.
- 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. May 12.
- Baum, J.I., Layman, D., Erickson, D., Boileau, R., Painter, J., Shiue, H., Sather, C. 2002. *Increased Dietary Protein Alters Glucose Homeostasis During Weight Loss*. Proceedings of the Nutritional Sciences Symposium, Urbana, IL, April 17. page 10.
- Painter, J.E. Sabbert, B.B. Baum, J. 2001. Actual vs Predicted Nutrient Content of a Meal in College Students. 4th International Food Data Conference Proceedings.
- Painter, J.E., Rah, J. 2001. *Comparison of International Food Guide Pictorial Representations*. Annals of Nutrition & Metabolism, 45(Suppl 1), 588.
- Kotake, A. Painter, J.E., 2001. *Comparing Popular High Protein Diets: Theories and Macronutrient Composition*. Annals of Nutrition & Metabolism, 45(Suppl 1), 188.
- Painter, J.E., Wansink, B. Hieggelke, J. 2001. *Effects of Visibility and Proximity of Food on Food Consumption*. Annals of Nutrition & Metabolism, 45(Suppl 1), 170.
- 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*. Journal of the American Dietetic Association, 101, 9, A-53.
- Painter, J.E. Prisecaru, V.I., Block, K.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*. Journal of The American Dietetic Association, 101, 9, A-38.
- Sabbert, B.B. Painter, J.E. 2001. *Computer Based Nutrition Education for Young Female Gymnasts at a Summer Sports Camp*. Journal of the American Dietetic Association, 101, 9, A-106.
- Painter, J.E. Feng, Y. 2001. *Current Calcium Intake Status of US Seniors Analyzing NHANES I, II, and III Data Utilizing the DRI's*. Journal of the American Dietetic Association, 101, 9, A-83.
- Painter, J.E. Ho, W. 2001. *Impact of Nutrition Education Utilizing Computer-conferencing on Nutrition Knowledge and Dietary Intake of Elderly People*. Journal of the American Dietetic Association, 101, 9, A-53.
- Painter, J.E. Lee, Y, K. 2001. *Comparing the Effectiveness of Written Diagrams vs. Multi-media Computer Videos for Dietetic Education*. Journal of the American Dietetic Association, 101, 9, A-38.
- Kotake, A. Painter, J.E. 2001. *Comparing Popular High Protein Diets: Theories and Macronutrient Composition*. Society for Nutrition Education 34 th. Annual Conference Proceedings, 34(1), 45.
- 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 JS, Reutter EF, Painter JE. 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.

EDITORIAL & REFEREEING ACTIVITIES

I. Editorial Board.

Foodservice Research International
 236B Food Science Building
 Michigan State University
 East Lansing, MI 48824

2000 3 articles reviewed in
 2001 1 article reviewed in
 2004 1 article reviewed *The Nutritional Composition and Sensory Profile of Microwave and Conventionally Cooked Vegetables*

Integrative Cancer Therapies
 2455 Teller Rd
 Thousand Oaks, CA 91320

1 article reviewed in 2002

II. Reviewer

Journal of Nutrition Education
 1415 Linden Drive
 University of Wisconsin
 Madison, WI 53706

1 article reviewed in 2000
 2 articles reviewed in 2001
 1 article reviewed in 2002

Journal of Food Composition and Analysis
 Editor Barbara Burlingame
 Food And Agriculture Organization
 Viale della Terme di Caracalla
 00100 Rome, Italy

1 article reviewed in 2003

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.

INVITED PROFESSIONAL LECTURES (selected 1996-2004)

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
- 08/25/04 Circle Group Incorporated, Mundelino, IL
Consumer Acceptance of Desserts made with ZTrim, a Fat Substitute
- 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
- 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
- 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
- 07/11/03 Functional Foods for Health, 12th Annual Conference, Schaumburg, IL
Accessing Information Resources About Nutrition and Functional Foods
- 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
- 10/15/02 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.

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.

07/28/00 USDA National Databank Conference, St. Paul, MN
The Nutrition Analysis Tool

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

08/03/99 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
Computer Technology in the Education of Students in FSHN

10/10/98 Eastern Illinois Dietetic Association
Presented a hands-on class in the ACES computer lab on the Internet.

08/20/98 Training and development Staff at Darden in Orlando, Florida.
Computer Based Management Training Program

03/09/97 Cyberfest at the University of Illinois
Nutrition Education via the Internet

01/19/97 Faculty Meeting Department of Commerce

- 12/17/96 *Using Powerpoint to Develop Lecture Material for the WWW*
NCSA Enhancing Internet Use in Rural Illinois, Champaign
Using the Internet in the Classroom
- 12/09/96 Sloan Center for Asynchronous Learning
Using Web Based Materials to Teach Hospitality Management
- 07/10/96 House and Senate Legislative Internet Training Workshop
Using Information Technology in Classroom Education

PROFESSIONAL LECTURES Peer Reviewed (selected 1996-2004)

- 10/02/04 Illinois Association of Family and Consumer Sciences, Lisle, IL
External Factors Effecting Food Consumption
- 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
- 07/30/03 Society for Nutrition Education, Philadelphia, PA
Nutrition Analysis Tools
- 07/02/03 5th International Food Database Conference, Washington DC
Innovative Uses of Nutrient Data Utilizing Handheld Devices
- 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
- 06/28/00 Learning On-Line Institute, Penn State University, State College, PA
Nutrition Education Programs on the Internet
- 07/26/00 Society for Nutrition Education Annual Meeting, Charleston, SC
Consumption of Nutrients in the Elderly Diet
- 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
- 08/04/98 Cornell University CBORD conference
Computer Technology in Food Service
- 04/06/97 CBORD Regional Meeting, Cleveland.
Teaching on the Web

MEETINGS ATTENDED

- 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, Annual Meeting, Philadelphia, PA

06/28/02 Faculty Leadership Conference, Chicago IL

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

POSTERS

- Tobey, L. Painter, J. 2004. Comparing International Food Guide Graphics, A Quantitative and Qualitative Approach. International Congress of Dietetics, Chicago, IL. 5/29/2004
- Tobey, L. Painter, J. 2003. Comparison of Food Guide Graphics from Latin-America, Europe and Asia. XIII Congress of Latin American Nutrition, Acapulco, MX. November 10.
- 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, J.E. 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.
- Painter, J.E., Rah, J. 2001. Comparison of International Food Guide Pictorial Representations. 17th. International Congress of Nutrition, Vienna Austria. August 27-31.
- 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. 17th. International Congress of Nutrition, Vienna Austria. August 27-31.
- Hieggelke, 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 34th. 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.

GRANTS (Principal Investigator)

2004-2005	Circle Group Incorporated (\$15,000) 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
2002-2003	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 (\$10,500) Nutrition Bar Study
2000-2002	Warner Lambert (\$10,041) 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 (\$7,500) Adults Need Protein to Manage Blood Glucose and Body Weight
1999-2000	Warner Lambert (\$5,000) 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/>
<http://www.aces.uiuc.edu/~food-lab/garnish.html>
- 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>
<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://www.ag.uiuc.edu/~food-lab/240/>
- 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)

- 2004-2005 Department of Health and Human Services (\$2,854,000)
Multiple Behavior Changes in Diet and Activity
- 2002-2003 USDA Family Nutrition Program (\$4,318,000)
Development of National pictorial food guides for internationals living in the US
- 2001-2002 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 of 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
- 2000-2001 USDA Family Nutrition Program (\$3,790,542)
A Kiosk based 5-A-Day Nutrition Education Program

2000-2002	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

COURSES TAUGHT

		<u>Time Taught</u>
University of Illinois		
FSHN 341	Hospitality Catering	1996-2002
FSHN 145	Introduction to Hospitality	1996-2003
FSHN 240	Quantity Food Production Management	1991-2002
FSHN 355	Fine Dining Management	1996-2003
FSHN 120	Introductory Nutrition	1992-1993
FSHN 345	Purchasing	1992-1994
FSHN 399	Wine Appreciation	1999-2003
NUTR 400	Nutritional Sciences Seminar	2001
FSHN 497	FSHN Seminar	2000
NUTRS410	Nutrition Education Utilizing Computer Tech	2001
ACES 100	Contemporary Issues in Agricultural, Consumer And Environmental Sciences	200-2003
Michigan State University Distance Education Course		
MSU 891	Food Safety web course	1999-2001
Eastern Illinois University		
FCS 5153	Nutrition Through the Life Cycle	2003
FCS 5152	Readings in Nutrition	2004-2005

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
1999-2001	2 Ph.D. and 7 MS candidates

Student Name	Degree (Yr. Expected)	Units	Thesis topic
Val Prisecaru	MS, May 2002	120	Glycemic effect of macronutrients in energy bars
Julie Hieggelke	MS, Aug 2001	8.25	Computer-Based 'FIVE-A-DAY' Education: Comparison of Learning Between Self-Selected Topics vs. Pre-Selected Topics
Yuning Feng	MS, May 2002	5.25	The Effect of a Macrobiotic Diet on Body Composition in Cancer Patients Undergoing Chemotherapy
Jee Hyun Rah	MS, May 2002	4.0	The Effect of Nutrition Education on Taste Perception and health Knowledge Regarding Soy in an African American Population
Lori Demberuckyi	MS, May 2002	2	The Effect of Dietary Food Records on Weight Maintenance
Paula Ho	MS, August 2002		Non thesis
Ai Kotake	MS, May 2002		Non thesis
Tressie Stefan	MS, August 2002	4.75	The Effect of Dietary analysis and Food Recording on Nutrient Intake of College Students
Jill North	MS, May 2003	0.0	Non thesis
Lauren Tobey	MS, May 2003	4.0	Comparison of International Food Guide Pictorial Representations: Development, Intended Population, and Dissemination.

COURSE DEVELOPMENT (credit and non-credit)

- 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 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 recipies.
- 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

- 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 Ohare, Wildfire, Mon Ami Gabi and the Marriott.
- 2002 Class trip to Chicago Downtown Nov. 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.
- 2001 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 plan, prepare and serve catered meals to the public. Last week one senior and three freshmen prepared and served a meal to the provost. They also work with outside catering companies. This semester half of the employees serving 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 work with professionals in the field. These students work with the seniors in FSHN 355 preparing fine dining meals and FSHN 341 students performing caterings. A one day trip to Chicago is taken each semester where the students are 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 are paired with seniors in Hospitality Management providing theme meals to the public. The chef and student plan, organize, staff, purchase food, prepare food, perform financial analysis, and serve the meal. The staff for the meal is 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.

UNIVERSITY AND PUBLIC SERVICE

Department

- 2000-2001 Faculty Grievance Committee
 2000 Search committee for FSHN department head
 2001 Search committee for FSHN department head

College

- 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"
 1999-2000 ACES International Minor Exploratory Committee
 1997-2003 Information Technology and Communication Services Advisory Committee
 2001 Professional Staff Award for Excellence Selection Committee

University of Illinois

2000-2002 Avery Brundage Scholarship Fund Committee
2002-2003 Chair, Avery Brundage Scholarship Fund Committee
2002-2003 Campus Web Strategy Committee

Business in the Community

2001-2003 Member of the Board of Directors
Buffalo Ridge Hospitality and Retreat Center, Ottawa, KS

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

- 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

- 04/18/01 Food Marketing and the Current Trend in Healthy Eating,
Illinois Alumni Association, San Diego, CA
- 04/19/01 Healthy Well and Wise, Following the Food Guide Pyramid
Illinois Alumni Association, Palm Springs, CA
- 04/18/01 Nutrition and Your Health
Illinois Alumni Association, Costa Mesa, CA
- 10/12/00 Nutrition and Your Health
Illinois Alumni Club Leadership Conference, Urbana, IL
- 03/16/00 Functional Foods for Health
Illinois Alumni Association Greater Orlando Illini Club, Orlando, FL
- 03/18/00 Healthy Well and Wise
Illinois Alumni Association Southwest Florida Illini Club, Cape Coral, FL
- 11/05/99 Healthy Well and Wise
University of Illinois Alumni Association, Chicago, IL
- 06/04/99 Using Web Technology in Undergraduate Education
Illinois Alumni Association Greater Louisville Chapter, Louisville, KY
- 10/31/97 Healthy Well and Wise
Illinois Alumni Association in Peori
faculty from 10 universities from the state of Illinois about computer technology.

PRESENTATIONS Public Service Nutrition Education (selected 1996-2002)

- 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
Trendbending, Reducing Obesity in Coles County
- 02/02/04 Carle Weight loss Program, Champaign, IL
Cheers to a Safe and Healthy 2004
- 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
- 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

09/26/02 Functional Foods for Health
 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

02/21/00 Phyto-Nutrients and Your Health
 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 Intersivity
 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

- 11/25/96 Healthy, Well and Wise, How to Stay Healthy as an Older American
Windsor of Savoy, Champaign, IL
- 11/18/96 Proper Diet and Exercise in Reducing Blood Cholesterol
Windsor of Savoy, Champaign, IL
- 11/11/96 Reducing your Risk of Heart Disease with Proper Diet
Windsor of Savoy, Champaign, IL
- 10/22/96 Health Benefits of Consuming Soy Products
University of Illinois Alumni Association
- 10/21/96 Proper Nutrition in the Retirement Years, Using the Nutrient Analysis Tool
Windsor of Savoy, Champaign, IL
- 09/18/96 Reducing Cancer Risk Through Proper Diet
Windsor of Savoy, Champaign, IL
- 08/96 The Health Benefits of Consuming Soy Products
Elderhostel Lecture, Champaign, IL
- 04/96 Using the Nutrient Analysis Tool on the Internet to Assess Dietary Adequacy
Champaign County Urban League, Urbana, IL
- 04/96 Reducing your Risk of Heart Disease with Diet

INTERVIEWS RADIO, TELEVISION, & MAGAZINE (Selected past five years)

- 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

- 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*. <http://www.eatright.com/members/courier/c0402mynat.html>
- 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" 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. Course development

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" 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" 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

05/26/01	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.

COURSE & OUTREACH SOFTWARE DEVELOPMENT

- 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.

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.

MANAGEMENT ACCOMPLISHMENTS

- 1999-2001 Renovation of the Quantity Foods Lab, Bevier Cafeteria, and Spice Box. For the past 2 years I have been working with the College of ACES development office to raise funds for the renovation. To date we have received approximately \$20,000. This allowed us to begin the preliminary design and development work.
- 1991-1999 Manager of Bevier Cafeteria. Responsible for a budget of \$100,000 supervising 3 FTEs and 75 students.
- 1986-1991 Senior Foodservice Director Marriott Corporation. Managed a staff of 42 FTEs at three locations. Planned and administered a budget over one 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

- 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.

CONSULTING

1981 Hospital Affiliates International, Durant, OK
1986-1990 Marriott Corporation, Houston, TX
1993-1994 Decatur Park District, Decatur, IL
1998-1999 Cookies by Design, Springfield, IL
1996-2000 Geriatric Consultants & Care Managers, Champaign, IL
1996-2000 Southern Cooking and Catering Company, Urbana, IL
1999-2000 Warner Lambert, Morristown, NJ
2001-2002 Standard Process Inc., Palmyra, WI

01/11/05