We’re excited to tell you about the happenings in the Department of Nutrition, Dietetics and Food Science at BYU. The year 2011 was a busy year and we are now solidly into the first semester of 2012. We ended the year with over 450 students enrolled in department majors, and we continue to see increasing interest in all three program areas.

We again have a number of faculty and administrative staff changes to highlight. We previously announced the retirement of Professor Diana McGuire, a full-time teaching professor in Dietetics and our department’s Dietetic Internship Director. Thankfully, Diana continued on part-time during this past year to help us out with the transition. She now teaches NDFS 100 at the BYU Salt Lake Center. Dr. Lynn Ogden retired as a faculty member in Food Science, and has also been working with us part-time to ease us through the change. Dr. Laura Jefferies has been hired as a new faculty member in Food Science and will be taking over Lynn’s responsibilities teaching our Sensory and Engineering courses. We have also hired Dr. Michelle Lloyd in a new administrative position to manage our Food Technology Research Center, which is the management umbrella for our Quality Assurance, Sensory/Consumer Testing, and Pilot Plant facilities. Our two retiring faculty and our two new hires are each spotlighted in this newsletter.

Dr. Oscar Pike has returned from serving as mission president for the LDS church in California and is back in full-swing again doing research and teaching in the Food Science program. It’s great to have him back!

Many of you have probably seen the announcement regarding the new building for the College of Life Sciences, our parent college. http://lifesciences.byu.edu/LabsResources/Resources-CollegeNews/Fall2011/ArticleNewBuilding.aspx

This will be a beautiful, state-of-the-art, building, which will provide much needed facility upgrades for those in the Widtsoe Building and parts of the Richards Building. However, we have opted to stay in our current purpose-built facilities in the Eyring Science Center; and will hopefully be picking up some additional laboratory space here, as non-NDFS faculty in the ESC move into the new building in 2014.

Our faculty and students have accomplished much during this past year. We encourage you to take the time to read more about our faculty and student accomplishments in later pages of the newsletter.

We greatly appreciate the support rendered by the many alumni and friends of our department. So many of you graciously donate time and resources to help make our students’ educational experience the best that it can be. We encourage each of you to maintain or reestablish contacts with our department, as you have so much to offer.
Food Science Internships 2010-2011

We have had a great year for internships for our students. This excellent program allows students to gain valuable industry experience while the companies involved gain access to potential new employees that are hard working and knowledgeable. If any of you would like more information on sponsoring a BYU student intern, please contact Dr. Frost Steele at frost_steele@byu.edu

Eighteen off campus internship experiences, each at different companies, have been completed this year by 28 students, as indicated in the table below.

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<td>Paul McMullin</td>
<td>Tillamook Cheese</td>
<td>Sam Smith</td>
<td>Nestle Stouffers</td>
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<td>Joshua Purdy</td>
<td>Tasman Services</td>
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<td>Eric Engstrom</td>
<td>Innovative Flexpak</td>
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<td>Sarah Sheffield</td>
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<td>Sarah Snow</td>
<td>Oregon Ice Cream</td>
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<td>Granny B’s Cookies</td>
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<td>Amalie Kurzer</td>
<td>General Mills</td>
<td>Faith Poulsen</td>
<td>Celebrations Catering</td>
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<td>Cortney Honka</td>
<td>Deseret Dairy</td>
<td>Brian Coffman</td>
<td>Icicle Seafoods</td>
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<td>Travis Johnson</td>
<td>Deseret Dairy</td>
<td>Steven Jakeman</td>
<td>Ralcorp/Lofthouse</td>
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<td>Jessie Carter</td>
<td>T Hasegawa</td>
<td>Mauressa Bastian</td>
<td>Ralcorp/Lofthouse</td>
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<td>Jonathan Kershaw</td>
<td>Utah State Extension</td>
<td>Steve Mitchell</td>
<td>Leprino Foods</td>
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<td>Sarah Snow</td>
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<td>Kyle Mayer</td>
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<td>Otto &amp; Sons</td>
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<td>Lisanne Murphy</td>
<td>LDS Welfare QA</td>
<td>Kinantia Subiantoro</td>
<td>Disney World Resort</td>
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A group of Food Science Students worked hard this past summer inventing “Cheese Squared” which took home the Grand Prize of $10,000 in the Idaho Milk Processors Association Competition in Aug 2011. The criteria for this competition included creation of an innovative food product with at least 50% dairy ingredients and superior flavor. Their product looks similar to ravioli, but instead of pasta, it has a shell made of Swiss cheese on the outside and a flavored cream cheese filling on the inside (garlic and herb, smoky chipotle, or creamy spinach). It’s also breaded and fried to make a delicious, indulgent appetizer. Team members are now working to commercialize their product.
This past year, the food science club (FSC) has been successful in its aims to promote food science and help students network with the food industry.

One unique service activity was making a gingerbread house for the Festival of Trees. Our Christmas party in 2010 included a visit from Santa Claus (Dr. Ogden), who brought “Snickers Squared” (a candy bar that one of our students, Brandon Jahner, helped develop during his internship with Mars, Inc). As Santa handed out the candy, he asked everyone what they wanted for Christmas. Several mentioned that they wanted an “A” in Dr. Ogden’s Food Commodities class. In February, we prepared and served a lunch for a beef conference held at BYU and also sold our traditional canned valentines. In March, we held the first ever iron chef competition between Food Science and Family & Consumer Science Education majors.

The FSC is also a student chapter of the Institute of Food Technologists (IFT) and has participated in local IFT meetings, including an opening social, dinners with guest speakers (including a chocolate night), and the Utah Food and Candy Expo (where BYU students helped run the registration booth).

This fall, the FSC was fortunate to have Daricons, General Mills, and Darigold visit our campus to network with and interview students for potential internships. We also had a joint Halloween party with the Dietetics and Nutritional Science majors, as well as a professors vs. students college bowl competition. (The faculty won, only after a stiff competition).

In the coming year, we look forward to more great events, including canned valentines, the iron chef night, and IFT events. In January, the club is participating as volunteers in the first Lego League Competition in Utah, by helping judge various projects related to food safety (this year’s theme).
The SDA kicked off a busy school year with the annual opening social picnic where pre-professionals, juniors, seniors, and faculty could get to know each other while enjoying a baked potato bar. The highlight of the activity for most was the raffle, in which former SDA t-shirts, coveted Pen Court coupons, and small kitchen appliances like mixing spoons and timers were up for grabs. Over 80 people attended, and it helped to get the school year off to a great start.

At the end of September, approximately 40 dietetics students, interns, graduate students, and faculty flew to San Diego, CA to attend the American Dietetic Association Food and Nutrition Conference and Expo (FNCE). BYU was honored to receive the "School Spirit" Award for having the most members in attendance and was privileged with the opportunity to meet Sylvia Escott-Stump, ADA President, and other ADA executives at a reception one afternoon during the conference. While exploring the Expo was an adventure, the students who attended can agree that it was an unforgettable experience in which they saw many new and exciting opportunities in the field of dietetics that they had not previously considered.

Vice Presidents of Service, Bre Booren, sr. and Ashley Blaylock, jr., have encouraged SDA members to reach out to the community by volunteering at the Utah County Food Bank. The goal is to have at least three SDA members volunteer for an hour every Friday. Another service activity SDA recently undertook was participating in the BYU canned-food drive. A friendly competition was held among the seniors, juniors, and pre-professionals to see who could bring in the most cans, and different point values were awarded depending on the food bank's need for that item. The seniors won the competition and were rewarded with cinnamon rolls and fruit during class. Members also participated in the campus-wide food drive by helping to collect cans from the bins and take them to the food bank. By getting involved in campus events, SDA hopes to spread awareness of the dietetics major and profession while also serving others.

Continued on next page
This year SDA presidents Amy Hanson, sr., and Morgan Hawkes, jr., are focusing on helping members realize that every contribution to SDA matters, whether it be big or small. At the end of every officer meeting, each officer is encouraged to write down what he/she has done for SDA since the last meeting. This activity is also helping officers to realize that they are not confined strictly to their job description (for example, the secretary can do more than just take notes at the meetings or the historian can do more than just take pictures at activities). By taking the time to do this activity at the end of every meeting, SDA is becoming more united and is able to contribute more to its members.

As the semester draws to a close, seniors are feeling the pressure of the up-coming internship application process, juniors are preparing for the stress of taking their first set of finals in the program, and pre-professionals are worried about their application for the program due in February. As all of the dietetics students are feeling some sort of pressure, SDA would love for advice in handling these things. Please feel free to share your wisdom and experiences with us by following our blog, byudietetics.blogspot.com or emailing us at byudietetics@gmail.com. Thanks for your support as the BYU dietetics program stays nutritious and delicious!
Dietetic Intern Placement

2011 Dietetic Internship Placement

This year Brigham Young University Didactic Program graduates will complete their internships all over the country.

Elizabeth Abrahamson: BYU, Provo UT
Katie Aston: BYU, Provo UT
Heather Boyle: USU, Salt Lake City UT
Nicole Bremmer: USU, Salt Lake City UT
Shannan Brooks: BYU, Provo UT
Amy Collier: BYU, Provo UT
Kate Garlick: BYU, Provo UT
Julie Harrison: Carondolet St Mary's, Tucson AZ
Renee Hubble: USU, Salt Lake City UT
Lindsay Huntsman: USU, Salt Lake City UT
Breanna (Bree) Kidd: USU, Salt Lake City UT
Janelle Lasko: Sam Houston University, Huntsville TX
Katie Linton: BYU, Provo UT
Serena Loeb: Arizona State University, Tempe AZ
Abish Makin: BYU, Provo UT
Lindsey McMillan: BYU, Provo UT
Kaitlyn Pacada: Hurley Medical Center (Jan.), Flint, MI
Stephanie Pugh: USU, Salt Lake City UT
Breanda Rodriguez: Sea Mar, Seattle WA
Paige Smathers: USU, Salt Lake City, UT
Jacqueline Stopa: The Ohio State University, Columbus OH
Ashley Voyles: SUNY Buffalo, Buffalo NY
Misty Kay: USU, Salt Lake City UT
Sarah Frey: USU, Salt Lake City UT
Michelle Hexem: Univ. of Central Oklahoma, Edmond OK
Jeff Perry: US Air Force, San Antonio TX
Whitney Jarvis: Carondolet St Mary's, Tucson AZ
The Dietetics Programs enjoyed a busy 2011. On the fun side, BYU won the School spirit award at FNCE (the American Dietetic Association annual meeting) —35 juniors, seniors, interns, and graduate students attended the meeting in San Diego in September. Michigan State was a close second, so students and faculty from both programs attended a reception in the Presidential Suite and hobnobbed with the ADA President, President Elect, Speaker of the House, and other elected officers and staff members.

The Food Production Management Lab (also known as the Pendulum Court Cafe) had a face lift last fall. The service area now has a very striking brick-red wall with beautiful close-up photos of some of the popular food items. Other updated décor in the service and dining areas enhance the ambiance, and sleek new soup and entrée salad bowls complete the more modern, less institutional upgrade.

The Dietetic Internship three-week Leadership Rotation was launched in May, and both interns and preceptors seemed to enjoy the experience. The Leadership concentration fits nicely with The Academy of Nutrition and Dietetics (the new name for the American Dietetic Association) goal of deepening leadership experience and skills in all areas of dietetics practice.

Registration Examination scores for the first half of 2011 (second half results haven’t arrived yet) were above the national average for both DPD and DI graduates, and 100% of grads taking the exam in that time passed on the first attempt.
Nutritional Science Fall Social: Students and Faculty

Fall Social for NS students working with faculty mentors

We talked, ate, and played "Minute-to-Win-It" games at the first, but hopefully not last, Fall Mentored Student Social. Nutritional Science professors and the students they mentor gathered together to eat and socialize in the Wilkinson Student Center. Research assistants had the chance to talk with other students about the projects they have been working on. Students also had a chance to see all of the nutrition professors in action as they tried to play the “Minute-to-Win-It” games. The triumphant winners of the “Minute-to-Win-It” games had their names put into a drawing. The winners of the drawing had their choice between an NDFS department mug and polo T-shirt. With our bellies full from Brick Oven pizza and our cheeks tired from laughing at the participants of the ping pong ball challenge, students and professors went home feeling happy that they went.
Contributed by Paige Smith

2011 Scholarships & Awards

We thank and appreciate the generosity of our loyal and dedicated donors

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<td>Dolph Carlson</td>
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<td>Eric Engstrom</td>
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C Laird Snelgrove Scholarship
Loie Benson             Food Ind. Mgmt

Cluff-Frandsen Scholarship
Peter Koerper         Nut. Sci.
Maria Swiss               Dietetics

Melanie Crane
Michael Erazo
Jessica Hill
Laura Larsen
Kathryn Linton
Lindsey McMillan
Brittany Percifield
Dr. Johnston’s trip to Kenya

At the invitation of two NGOs (Koins for Kenya and the Institute of Self-Reliant Agriculture), my NDFS 380 International Nutrition class, Todd Gardner, a nutritional science mentored student, and I analyzed data collected from 300 Kenyan children living in seven rural villages. Our objective was to assess their nutritional status, looking for signs of chronic and acute undernutrition, as well as daily dietary nutritional deficiencies. We found that 50% of children were stunted and that 20% were starving or near starvation. The diets were severely deficient in energy, vitamin C, vitamin A, calcium, iron and zinc. I had the opportunity in July to report our findings to the children in Kenya, and to their parents and teachers. As a result of the study, gardens producing nutrient-rich foods have now been planted at their schools and at many of their homes. In 2012 the NDFS 380 International Nutrition students will each develop an email association with a Kenyan child and use the Kenyan school garden as a vehicle to teach their child the principles of nutrition.
NDFS Faculty Spotlight

Dr. Laura Jefferies was hired in Fall 2011 to fill the vacancy in the Food Science program created by the retirement of Lynn Ogden. Laura was born and raised in Hawaii. She earned BS and MS degrees in Food Science from BYU in 1994 and 1998, respectively. During those years, she worked as a student in the Quality Assurance and Sensory Laboratories, as a teaching assistant, and was captain of BYU’s national championship food science college bowl team. Upon completion of her MS degree, she was hired to manage the Sensory Analysis Laboratory where she mentored students in administering over 100 consumer panels and focus groups per year. She also managed the Food Science Pilot Plant, and taught the Food Process Engineering Laboratory and the Essentials of Food Science course.

Dr. Jefferies received her PhD in Food Science from Utah State University in 2011 and joined the NDFS faculty in September. She will be teaching Food Process Engineering, Food Commodity Processing, and Sensory Evaluation. Her research interests are in the areas of sensory analysis and food engineering. She and her husband, Jim, are the parents of two sons and reside in Provo. We are excited to welcome Dr. Jefferies as our newest faculty member in NDFS.

Dr. Michelle Lloyd received Bachelor’s (1999) and Master’s (2003) degrees in Food Science from BYU. She managed the BYU Food Quality Assurance Lab while pursuing a Master’s degree. Her thesis was on the acceptability and nutritional quality of nonfat dry milk stored up to 29 years. Upon graduation, she worked for a year and a half as a research associate and mentored undergraduate students in testing the quality of other foods stored long-term. She then moved to Raleigh, NC, where she received her PhD in Food Science, with a minor in Food Safety, from North Carolina State University. Her dissertation was on the flavor and stability of US-produced whole milk powder. While at NC State, she was a member of trained descriptive panels for cheese and dried dairy ingredients. She joined BYU’s Department of Nutrition, Dietetics and Food Science as a visiting faculty member in October 2008 and taught courses in food chemistry, food analysis, and essentials of food science, while Dr. Oscar Pike served as a mission president. In Sept 2001, she became the Manager of the Food Technology Research Center, which includes oversight of the Sensory Lab, the Pilot Plant, the Food Quality Assurance Lab, and the Food Microbiology Lab. She enjoys mentoring students and continues to serve as an advisor to the Food Science Club and College Bowl team. Her research interests involve studying food shelf-life and emergency preparedness.

Her parents live in Layton, UT and she enjoys getting together with her family to celebrate birthdays and other special occasions. At church, she currently serves as a Sunday school teacher. In her spare time, she might be found reading, cooking, hiking, visiting with friends and family, or trying to get “organized.”
Diana McGuire grew up on a dairy and potato farm in Blackfoot, Idaho. Between her high school and university graduations, Diana spent two years on renal dialysis and then received a kidney transplant from her brother in 1971. She earned a bachelor’s degree in Dietetics from BYU in 1974, graduating with High Honors and as College co-valedictorian. In 1975 she completed the training and examination to become a Registered Dietitian, and in 1976, Diana received a master’s degree in Nutritional Science with a minor in Physiology.

After 10 years in practice as a clinical dietitian, Diana divided her loyalties by working as a part-time clinical instructor for BYU, USU, and U of U for three years. BYU won out when she became a full-time faculty member in 1988. Diana taught eight different graduate and undergraduate classes a year. She became the post-graduate Dietetic Internship Director in 2008, and is a Teaching Professor. In addition to teaching, from 1995 to 2008, Diana was the adviser to the very active Student Dietetic Association. Diana is a Certified Nutrition Support Dietitian through the American Society of Parenteral and Enteral Nutrition. She has served in several offices in the Utah Dietetic Association, including President in 2003, and received the UDA Award of Merit in 2007. In 2002, Diana was named the American Dietetic Association Outstanding Dietetics Educator in a Didactic Program for this geographic area, and in 2009 received the College of Life Sciences Outstanding Teaching Award.

Diana helped Dietetics students and interns bridge the gap between student and professional life. Students enjoyed Diana’s caring attitude, her clear understanding of community nutrition and medical nutrition therapy, and her rigorous assignments. Her influence in their education and training benefited the students and, ultimately, their employers, patients, and clients. She has been a truly excellent teacher.

No stranger to I-15, for 22 years Diana commuted to Provo from Davis County, where her husband, Bill, is a Deputy County Attorney. She and Bill have five children and 12 grandchildren (including a set of triplets). She will now enjoy spending more time with her family.
Dr. Lynn Ogden officially retired in September 2011, after 27 years of service to countless students, the NDFS Department, the University, and his profession. We are excited that he has agreed to continue to teach part time for a few more years.

Dr. Ogden came to BYU in 1984, in the middle of a successful career as a product development scientist in the food industry. The students have greatly benefited from his technical expertise and industry experience. He has taught Food Process Engineering, Food Commodity Processing, Milk and Milk Processing, Food Sensory Evaluation, Food Product Development, Food Lipids, and Food Carbohydrates. He was the faculty advisor to the Dairy Product Evaluation team for many years, with individual students and the entire team consistently placing at or near the top in the national intercollegiate judging competitions. He has also co-adviced the Dairy Product Development team, which has won awards at the Idaho Milk Processors Association intercollegiate product development competition for the last four years.

Dr. Ogden has chaired and served as a member of many graduate committees and has published important research in the areas of dairy products and sensory evaluation. One of Dr. Ogden’s “claims to fame” is his development of and patent for a process for carbonating viscous products, like yogurt. This led to a license to the Yoplait division of General Mills for a carbonated yogurt product called Fizzix. In 2000, he received the College of Life Sciences Creative Achievement Award and in 2008 he received the University’s Technology Transfer Award for work in this area. He started the BYU Consumer and Sensory Research Laboratory at BYU shortly after arriving here. This lab has brought significant external funding into the department from outside companies, who use the facility to conduct consumer testing of new and improved products. The lab has also served as an important mentoring opportunity for hundreds of student employees – as well as a vehicle to conduct primary research in sensory analysis of food products.

Having held many citizenship assignments through the years, Dr. Ogden served three terms as NDFS Department Chair. He also served as Program Coordinator for Food Science and served several times as chair of the Bonneville Section of the Institute of Food Technologists. His contributions to the professional success of many individuals and to our Department are immeasurable and we will miss his expertise, his strengthening influence and friendly smile.
Research by Nutrition, Dietetics & Food Science Faculty and Students

The following list of publications and presentations indicate the areas of research currently being pursued by students and faculty in the Department of Nutrition, Dietetics and Food Science.

Presentations:


Snyder, S. M.; Low, R.; Eggett, D. L.; Parker, T. L. Antioxidant, anthocyanidin and color of fractions (juice, pulp and seed) of six raspberry (Rubus idaeus) cultivars grown in a dry climate. Poster. Institute of Food Technologists annual meeting, New Orleans, LA, June 2011.
Research by Nutrition, Dietetics & Food Science Faculty and Students

Presentations:


Interviews:

Lora Beth Brown with host Michael Bumstead. Improving Lives through Good Nutrition on Voice of America Radio Talk Show Growing People from the Ground Up. www.voiceamerica.com

Publications:


Freeman, B. L.; Stocks, J. C.; Eggett, D. L.; Parker, T. L. Antioxidant and phenolic changes across one harvest season and two storage conditions in primocane raspberries (Rubus idaeus L.) grown in a hot, dry climate. HortScience 2011, 46(2), 236-239.


Research by Nutrition, Dietetics & Food Science Faculty and Students

Publications:


Ball, B., Brown L.B. Qualitative Description of College Students’ Dinner Groups. *Journal of Nutrition Education and Behavior.* Accepted July 2011. [We don’t have more publication info on this, so maybe it shouldn’t be listed on this year’s newsletter.]


Research by Nutrition, Dietetics & Food Science Faculty and Students

Publications:


