NUTRS 680: Modern Views of Nutrition
The Role of Pulses in Nutrition and Disease
12:10-1:00 pm in 1204 Kildee Hall, Ensminger Room

September 7—Donna Winham (Iowa State) “Overview of Pulse Nutrition”
Donna Winham is an assistant professor in the Department of Food Science and Human Nutrition. Her research areas include the health benefits of beans, and barriers and motivators to healthy eating among food insecure populations in the US and globally.

September 14—Mark Manary (Washington Univ.) “Pulses and Environmental Enteric Dysfunction”
Mark Manary is titled the Helene B. Roberson Professor of Pediatrics at Washington University in St. Louis. Dr. Manary studies improved crops, environmental enteric dysfunction and gut health in Sub-Saharan Africa. He is best known for developing and using ready-to-use therapeutic food for treating severe acute malnutrition.

September 21—James House (Univ. Manitoba) “Protein Quality and Pulses”
James House is the Department Head of Human Nutritional Sciences at the University of Manitoba. His research interests include determining the protein quality of foods and food ingredients, nutritional regulation of sulphur amino acid metabolism, and water-soluble vitamin nutrition.

September 28—Andrea Hutchins (University of Colorado) “Pulses and Glycemic Response in Type 2 Diabetes”
Andrea Hutchins is an associate professor in the Department of Health Sciences at the University of Colorado, Colorado Springs. Her research interests include the role of functional foods in optimal health as well as the prevention and treatment of chronic diseases.

October 5—Maurice Bennink (emeritus Michigan State University) “Beans and Colon Cancer Prevention”
Maurice Bennink is professor emeritus of the Food Science and Human Nutrition Department at Michigan State University. His research areas include utilizing dried common beans and soy beans to prevent colon cancer and the use of dried beans in ready-to-eat foods for rehabilitation of malnourished children and children infected with HIV.

For more information, or to meet with one of our speakers, contact Donna Winham at dwinham@iastate.edu, (515) 294-5040.