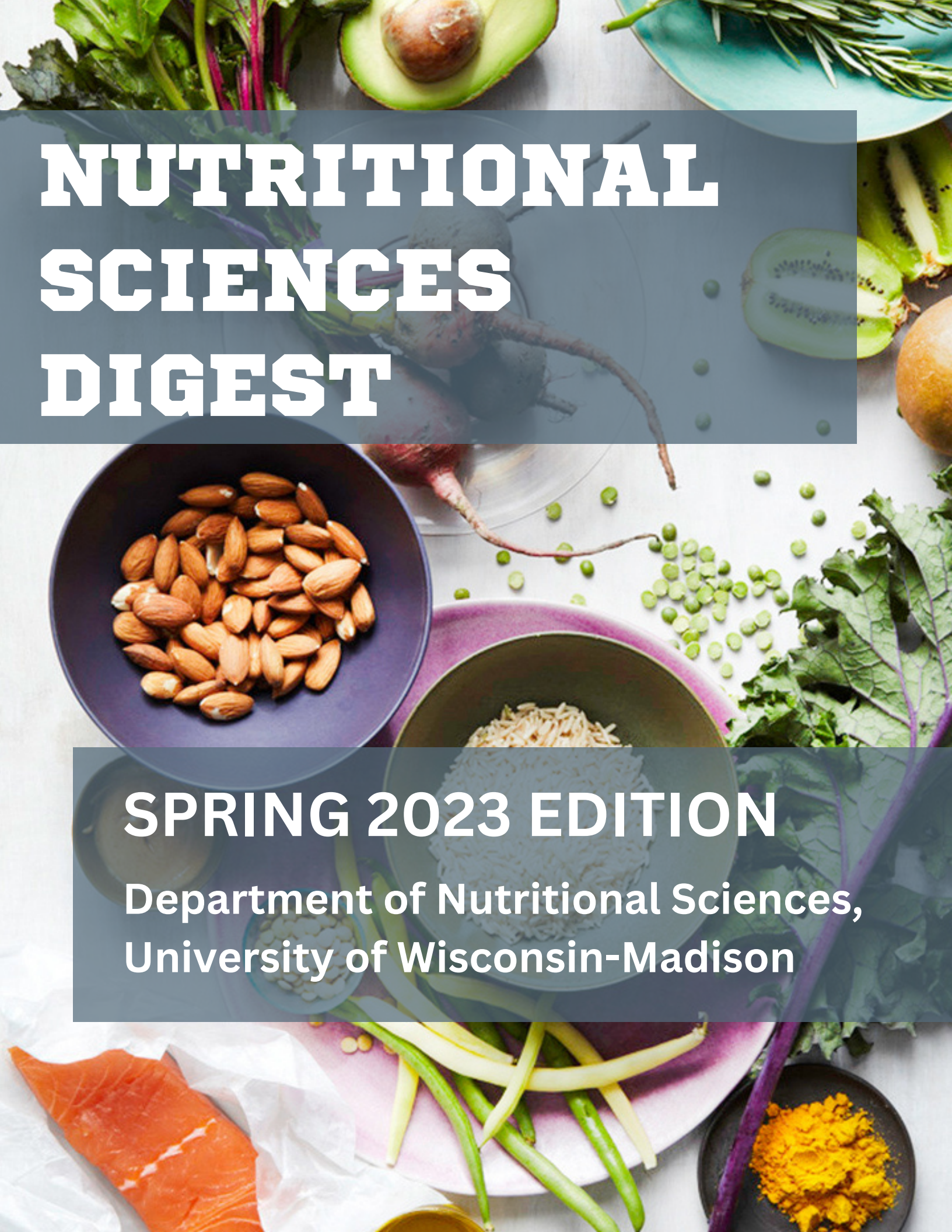


NUTRITIONAL SCIENCES DIGEST

SPRING 2023 EDITION

Department of Nutritional Sciences,
University of Wisconsin-Madison

Table of Contents

Awards & Acknowledgements

Taylor Meeth

Taylor, a student at UW-Madison, received the Outstanding Dietetics Student: Didactic Program in Dietetics Award at the 2023 WAND Annual Conference.

James Ntambi

Biochemistry and nutritional sciences professor James Ntambi was named a fellow of the American Society for Biochemistry and Molecular Biology (ASBMB). The 20 fellows named in 2023 are recognized for their outstanding commitment to the ASBMB through participation in the society in addition to their accomplishments in research, education, mentorship, diversity and inclusion, advocacy, and service to the scientific community.

Awards & Acknowledgements

Staff and students from the UW–Madison McNair Scholars Program traveled to Los Angeles in July to present their research at the 2022 UCLA National McNair Conference. From top left: Emmanuel Figueroa, CJ Greer, Shaden Ibrahim, Praise Osinloye, Cora Luzinski, Audra Hernández, **Mihret Yezihalem**, Scarlett Liu, Robin Robinson, Augusta Ike, Ashwakh Abdalla, Angelo Madruga, mapenzi Simekha, Cassidy Martin.

Mihret Yezihalem

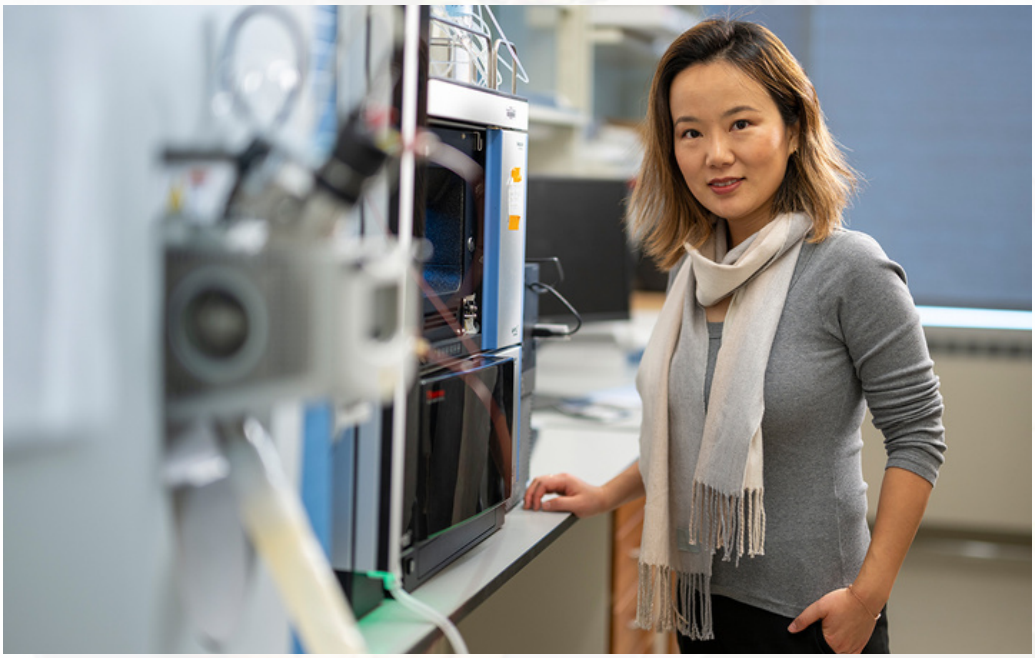
A Nutritional Sciences student at UW-Madison, Mihret presented research at a national conference of McNair programs in Los Angeles last summer. Mihret graduated in the Fall semester of 2022.

The Ronald E. McNair Postbaccalaureate Achievement Program is a federally funded TRIO program that creates a bridge to graduate education for undergraduate students. UW's McNair Scholars Program supports eligible undergraduates in acquiring the knowledge, skills and capacities necessary to successfully navigate the rigors of Ph.D. studies through immersion in research and various scholarly activities. The program aims to increase the attainment of Ph.D. degrees by students from underrepresented segments of society.

With support from McNair staff, UW's McNair scholars each had an opportunity to present either a poster or an oral presentation and receive feedback. They spent time learning about graduate school programs and giving feedback on the presentations of other McNair scholars from around the country. They also visited the campuses of California State University and the California Institute of Technology.

This is an excerpt from "UW–Madison McNair scholars present research at national conference in L.A," an article from McNair Scholars Program. To read more, please click Here

Pathways to Immunity



Jing Fan, assistant professor of nutritional sciences at CALS and investigator at the Morgridge Institute for Research (MIR), in her MIR lab at the Discovery Building on the UW campus. Photo by Morgridge Institute for Research/David Nevala

Jing Fan recalls the first science experiment she ever performed. She was a kindergartener in Beijing, China, and her class made glue out of flower petals. After soaking the petals in water for some time, their components broke down into a sticky solution.

"It's about chemistry," she says, reflecting on the process and what she observed. "The world is fascinating, and I just want to ask 'Why?' "

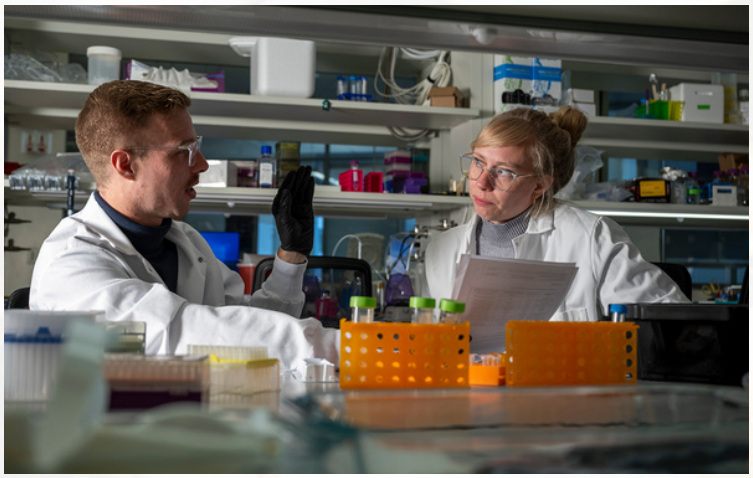
As an assistant professor of nutritional sciences in CALS and an investigator at the Morgridge Institute for Research, Fan continues to pursue that question through the exploration and understanding of metabolism. Metabolism refers to the chemical reactions that create the energy and resources needed to sustain life. It is a fundamental process that occurs in every cell of every living organism. When the process is impaired, it can become the underlying problem in many health issues, from diabetes to cancer.

"Understanding metabolism in specific systems will give us insights into general metabolic regulation," says Fan. "It's a very fundamental process; but, in terms of how cells use metabolism and their metabolic resource, it's very diverse. It takes an interdisciplinary approach to study it, so it's very fun."

Living cells contain many metabolic pathways, which are connected series of biochemical reactions that serve important functions. Fan compares these intracellular pathways to the ways in which cities control roadways. Just as roads contain markings, traffic signs, and signals, cells have specific enzymes, signaling molecules, and other regulatory components. In both contexts, different situations will affect how a path is regulated. Fan's interest lies in the traffic flow. Sometimes the roads are clear. At other times, construction or an accident might bring traffic to a halt.

"Metabolism is fundamentally a very dynamic process," Fan says. "Whether you are a cell undergoing stem cell differentiation, immune cell activation, or cancer proliferation, you respond and keep sensing the environment. You figure it out."

Fan discovered her fascination with metabolism while completing her undergraduate studies at Peking University. But after 22 years in China, she was ready for a big change. So, she moved across the globe to pursue a graduate degree in chemistry at Princeton University. After earning her Ph.D., and following a postdoc appointment, she took on her current role at the Morgridge Institute and in the Department of Nutritional Sciences in 2017. Fan began her research career with a focus on cancer metabolism. But, just as science is constantly changing and evolving, the focus in Fan's lab also shifted.



CALS graduate student Nick Arp and postdoc Gretchen Seim MS'16, PhD'22 collaborate in Jing Fan's lab space at the Morgridge Institute for Research. Photo by Morgridge Institute for Research/David Nevala

While cancer research is obviously important, Fan says immune cells are interesting because they are functionally flexible. Cancer cells proliferate because of improper regulation, but they do little else other than grow. Immune cells are far more active — they have different functions depending on the environment.

"Immune cells go through a dynamic change that is really fascinating," she says. "From killing to healing, one cell type can be doing all of this — it's a complex spectrum. It's a perfect platform to figure out how dynamic metabolic regulation and functional changes are connected."

Macrophages and neutrophils are cells within the innate immune system, the nonspecific first line of defense against infectious agents such as viruses and bacteria as well as injury and wounds. Innate immune cells are relatively understudied compared to T cells and other immune cells involved in adaptive immunity, which is a specific response to an infection from a repeat offender.

"I consider myself a metabolism researcher — anything metabolism. I never saw myself as just a cancer metabolism researcher," Fan says. "What made me start to think about immune cells is how metabolism and cell function are related."

Fan and her team ventured into this new territory with studies published in the July 2019 issue of Nature Metabolism and the October 2022 issue of Nature Chemical Biology, which investigate how changing metabolism can regulate the different functional states in macrophages over the course of an immune response.

Fan notes that the jump from cancer metabolism to immunometabolism isn't that big of a leap. Macrophages happen to be some of the most abundant non-cancer cells within a tumor environment. The ultimate goal is to define and understand the regulation points of all metabolic pathways to inform the development of immunotherapies for diseases, including cancer. "I feel very flexible in terms of what I'm going to do," Fan says. "I'm always very attracted to interdisciplinary work that connects many pieces together."

This is an excerpt from "Pathway To Immunity," an article from GROW: Wisconsin's Magazine for the Life Sciences. To read more, please click HERE

Full Plates for Food Justice

This is an article written by Nicole Sweeney Etter

This is a photo taken by Micheal P. King

Gwen Kelley BS'22 learned to cook by her mother's side, amid the scents and seasonings of Thai curries, vegetable lasagna, and spanakopita. Those experiences encouraged her to relish new tastes and global cuisines. And they made her certain that the path to preventive health begins in the kitchen — with delicious home-cooked meals.

Kelley's belief led her to CALS, where she majored in nutritional sciences and earned certificates in Chicana/o and Latina/o studies and global health. Her classwork helped her connect the science of nutrition with broader global and social issues. "Between the STEM side of nutritional sciences and the broader social justice and environmental focus of global health, I feel I have received a well-rounded education from UW–Madison," says Kelley, who graduated in December.

Her zest for food justice flavored her life outside the classroom as well. During her sophomore year, Kelley joined Slow Food UW. The nonprofit organization serves 200 meals per week to students, staff, and community members. It also works with South Madison-based programs focused on food access and education for people of many ages.

As a "Family Dinner Night" intern, Kelley planned, cooked, and served evening meals weekly, with most ingredients sourced from local farmers. The next year, she transitioned to working as Slow Food's codirector for dinners. By fall 2021, she had become the organization's co-executive director.

On Monday nights, Slow Food offers meals on a pay-what-you-can basis. "We play an important role in food access, along with several food organizations on campus," Kelley says. "We know food insecurity exists on campus, and it's important to provide access to warm, nutritious food. It's also great that people can come sit at a table with others in a community-based setting to share a meal and conversation."

She also gained new perspective during her internship with the UW Office of Sustainability, where she served on the Social Sustainability Coalition, Green Labs team, and Food Sustainability Working Group. One of her favorite tasks was assisting with monthly “Amplifying BIPOC Voices in Sustainability” events.

When the world went virtual during the early part of the COVID-19 pandemic, Kelley took to the fields. She tended broccoli, Brussels sprouts, and other crops at Troy Farm, an urban, certified organic operation just off campus.

“All together, the work I am doing shares similar motivations: Make sure all students have access to good food, highlight the relevant voices in the environmental movement who face the disproportionate effects of climate change, and focus on equity and inclusion throughout,” Kelley says.

And her work has been meaningful. “Gwen has become a leader at the Office of Sustainability and in the UW–Madison campus community — someone who leads by example and draws others to the cause,” says Tim Lindstrom, the office’s student intern program manager.

Now that her time at UW is done, Kelley plans to continue her studies in urban planning and sustainable development. Her immediate goals: transform the front and back yards of her family’s Minnesota home into native plant prairie and continue to find new ways to fill plates.

“There’s such a unique food justice environment in Madison,” Kelley says, “I’m thankful for the connections I’ve formed, and I’m excited to bring my passion for food justice back home to Minneapolis.”

“That was really important to me — to get outside and feel like I was doing meaningful work and having a direct involvement in the food system,” she says. “It’s one thing to talk about it, but to actually help grow the food was an inspiring experience.”

This is an article called "Full Plates For Food Justice" from GROW: Wisconsin's Magazine for the Life Sciences. To read more, please click HERE

EVENT HIGHLIGHT!

Networking with Dietitians- A free event that happened this spring semester from the Dietetics and Nutrition Club.

An event for all students interested in a career in nutrition and dietetics. Students gained insight on the daily life or reality in the workplace as a dietitian.

A Glance at the Dietetics and Nutrition Club's Fall Semester

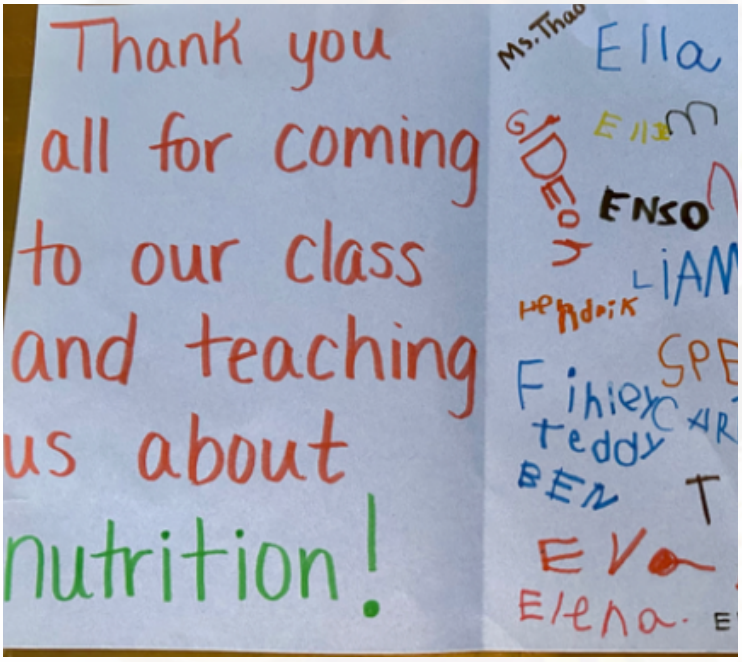
Written By: Lily Anne Montgomery, DNC President

The goal of the DNC is to strengthen the relationship between club members and professionals in the field of dietetics and nutritional sciences, encourage leadership and initiative, and provide a social network for students with similar interests.

Pictures from various Ronald McDonald Charity House Cooking Sessions.
Some popular meals enjoyed were spaghetti, and burrito bowls!

During our regular meetings, we invite guest speakers who are working dietitians or in similar healthcare fields. This semester, we featured fantastic speakers, including UW faculty member Dr. Amber Haroldson, former DNC President Taylor Cook, UW Teaching Faculty member Erika Anna, private practice RD Taylor Engelke, and Dr. Kate Phelps, a lecturer in the Gender & Women's Studies Department. Thank you very much to our wonderful speakers!

The club offers a variety of volunteer opportunities. This semester we focused on cooking meals for the Ronald McDonald Charity House, which is an independent nonprofit organization that supports the livelihoods of families that have children in long term care at the hospital. We also were able to participate in various nutrition education sessions at elementary schools and Lunch n Learns with our Executive Board host Alison Rohloff. We love to collaborate with Slow Food UW as well, where we fight food insecurity on campus and create meals using local and sustainable food production.



Thank you note from elementary nutrition education session!

DNC Executive Board members Alison Rohloff, Abbey Rosenthal, Lily Montgomery, Taylor Meeth

Outside of our volunteer and professionalism events, we went to both indoor and outdoor Farmers Markets throughout the semester and had fitness socials at the Nicholas Recreation Center.

On May 1st, we held our annual Networking with Dietitians event that hosted UW faculty member Dr. Tara LaRowe, UW Health RD Amy Mihm, Director of Performance Nutrition Nick Aures, and private practice RD Emmy Bright. We had about forty people in attendance, served a great sustainable meal, and had a lot of fun networking and learning about healthcare professionals in the greater Madison community.

Undergraduate Highlights

Andi Krawczyk

What is your favorite course in this spring semester and why?

My favorite course this semester is my capstone in the Health and Humanities certificate! We are learning about all different topics, such as race, religion, gender and access and how they can impact the care that individual's receive.

What is your major:

I am double majoring in Nutritional Sciences and Spanish with a certificate in Health and Humanities.

Why did you choose UW-Madison?

I am from Green Bay Wisconsin and have aways wanted to attend UW Madison. The campus has so many opportunities and I was so excited to be a badger!

What inspired you to study nutrition/what sparked your interest in nutrition?

I have celiac disease as well as some other stomach issues and that is what made me chose nutrition. I wanted to learn more about my body and see how I could help others through
nutrition!

Can you describe your work/research experiences if you have any?

I am very passionate about being an advocate for eating disorders and I have been a clinical nutrition assistant for a private dietician working directly with eating disorder patients since 2021. To further helping others with eating disorders, I joined Embark Lab where we study driven exercise and disordered eating behaviors as well as run the Body Advocacy Movement at UW Madison.

What is your dream job after college?

After graduation I will be attending Marquette for the Direct Entry Masters of Nursing program and I hope to work as a nurse in a children's hospital. Later down the road I ultimately hope to become a holistic nutritionist and have a wellness business.

What do you like to do in your free time outside of work and school?

I really enjoy doing yoga, visiting coffee shops, thrifting, and spending time outside in nice weather! When the sun is out, I am outside!

Editor Profile

Elin Chen

Major: Communication Arts (B.S)
Role: Communication and Marketing Assistant at the Department of Nutritional Sciences at University of Wisconsin-Madison
Hobbies: Vlogging, doing yoga, making infographics and Instagram posts, shopping, making personal portfolio, and baking!
Dream Career: Being a communication specialist for a food company!

Why did I choose to become a communication and marketing assistant at the Department of Nutritional Sciences?

Honestly, when I was in high school, I went on an excessive diet to lose weight, but after persisting on such a diet for a period of time, I found that it brought me psychological anxiety, insomnia, and the facial emaciation caused by nutritional imbalances. However, after reading some nutrition books to truly understand how important it is to have a nutritious eating habit in order to have a healthy health, I thought that it would be meaningful if I could communicate it to the public, therefore, when I found out that the nutritional sciences department was recruiting a communication and marketing assistant, I firmly applied and got this opportunity.

New Faculty Profile

Tim Rhoads

What is your hometown? Where did you grow up?

I was born and grew up in Portland, OR.

Area of Study:

Molecular links between aging, metabolism, and chronic disease.

What was your first visit to campus like?

It was in August and very hot. I was not (and still am not) a fan of the humidity, which is much less present in the pacific northwest, but I've gotten used to it. Paid a visit to the Terrace and was hooked from there on.

How did you get into your field of research?

A collaborative project as a postdoc led me to my current field of metabolism and biology of aging research, although prior to that my graduate work was on Lou Gehrig's disease, which is considered an age-related disease since it most often manifests late in life.

That work was conducted at Oregon State University in the Linus Pauling Institute, which focuses on nutrition related work similar to my current department. So, the same themes have been present throughout my scientific career.

What is your educational/professional background, including your previous position?

I got my bachelor's degree in chemistry at Gonzaga University and my Ph.D. in biochemistry at Oregon State University. I came to the University of Wisconsin for a postdoc and stayed as a research scientist for the past few years, before starting as a faculty member.

> I kind of dabble in a lot of things – I play the piano, I like watching sports, I play video games occasionally, and I like to travel

What are the main goals of your current research and outreach programs?

The main goal of my research program is to understand the molecular links between aging, metabolism, and chronic disease. Advanced age is the largest risk factor for most chronic diseases (cancer, diabetes, cardiovascular disease, and neurodegenerative disorders, to name a few), and so work in my lab is focused on trying to understand the fundamental changes that occur with aging that lead to higher chronic disease risk. We think that cellular metabolism is an important part of those fundamental changes.

The pandemic forced us all to reconsider many things we took for granted. Is there something you've learned that has helped you through these challenging times, personally or professionally?

I don't know if it's something I learned but rather had reinforced – the idea to focus on what you can control. I think it's easy, maybe even expected, to feel anxious about the future and the pandemic exacerbated that. So I try (not always successfully) to remind myself to only worry about the things I have control over, and let whatever else happen and deal with it as it comes.

What's something interesting about your area of expertise you can share that will make us sound smarter at parties?

That your metabolism doesn't gradually slow as you age. It largely stays the same from young adulthood until your early 60s.

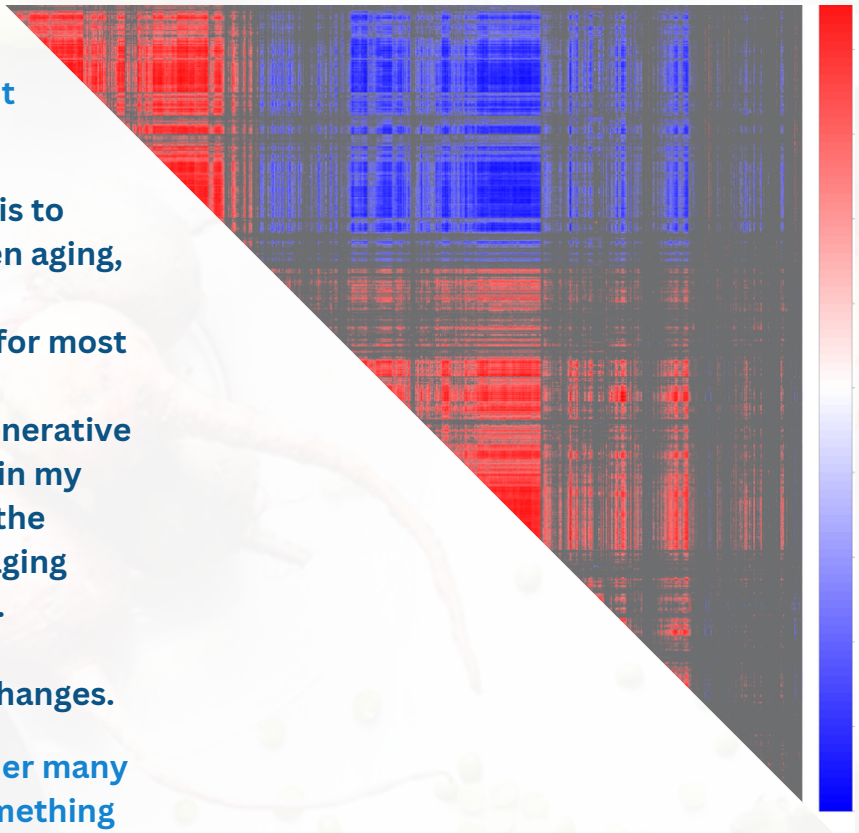


Image above left - Correlation matrix that describes the integrated molecular (mRNA and lipid) response to age and caloric restriction in mouse brain.

What's one thing you hope students who take a class with you will come away with?

Hopefully my enthusiasm for the topic/science in general. I think it's easy to get bogged down in much of what goes into learning about scientific topics and lose sight of the big picture – the world around us is pretty amazing, and science is the framework for how we try to understand it.

Do you share your expertise and experiences with the public through social media? If so, which channels do you use?

I am an occasional user of Twitter and Mastodon.

New Faculty Profile

Mark B Meyer

Could you tell us about your professional experience?

After receiving my PhD from the UW-Madison Department of Biochemistry in 2007, I completed a short postdoc and then remained in the Biochemistry Department as a staff scientist.

My goals were always to transition to my own lab and University faculty position at a college or university, when I was able. During my time as Scientist here, starting as an Assistant Scientist and working my way through to Senior Scientist (Scientist III by the new University title project), I've enjoyed some very successful projects and collaborations surpassing over 50 publications in that time.

I was able to foster many excellent relationships here on UW's campus with core facilities, animal vivarium staff, and collaborators here and across the globe. I have had the opportunity to be mentored by many respected people within the field and here at UW. I'm thrilled that I am able to continue my work here at UW-Madison in the Department of Nutritional Sciences.

What kind of activities do you like to do outside of being a faculty member?

I have two daughters that are quite active in sports, gymnastics, art, and many different activities. Most of my time outside of work is spent with them and my family, experiencing events all around Madison, going skiing, biking, hiking, and so on. I also continue that childhood curiosity of how all things work by figuring out how to build and fix things around the house. It's a sense of accomplishment to complete a large project like building our deck last summer - and having it still standing almost a year later.

Why did you choose this profession/field?

I've always had a curiosity of how things worked. As a child I used to take everything apart to see how it worked, even though I couldn't really put it back together very well at the time. During undergrad at Butler University, this curiosity led me to chemistry as the building blocks for life. I was certain that I was going to be an organic chemist and work for Eli Lilly, which was in town there in Indianapolis, or another pharmaceutical company making the next generation of drugs. That was until I took one semester of Biochemistry, and that was followed up by a summer research project with that same Biochemistry professor. Butler University only had one Biochemistry professor there at the time, Dr. Geoffrey Hoops.

My course and research project with Dr. Hoops exposed me to the research process. The research project was purifying a bacterial enzyme from raw bovine milk. We had to travel to out farms to collect the milk - that was quite the experience. When I came to grad school at UW-Madison in the department of Biochemistry, I really had no clue where I wanted to focus my research, every project I learned about was exciting and interesting. I did a summer rotation with Dr. J. Wes Pike in Biochemistry and found his research, the study of steroid hormones, transcriptional regulation, and skeletal biology, to be the most fascinating.

Through that research I was able to launch a very successful career thus far in the vitamin D field studying the transcription impacts at a genome-wide level. Fortunately, I started at the right time, the technological advances in the last 20 years have been truly groundbreaking in the genomics and genetics fields.

What do you most look forward to as a new faculty member at UW-Madison?

Beyond our own research insights that I am obviously looking forward to, I'm also looking forward to training the next generation of scientists to solve these ever increasingly complex questions. I look forward to using my insights into this field for the past 20 years to help mentor students beginning their careers. The transition to instructing science and managing the science of others is quite a shift in focus. Staying at the leading edge of the field, of science, and techniques will be a challenge for me and my lab, but one I'm optimistic we'll meet.

What do you hope to achieve in this new position?

I hope to take all the knowledge I've gained, and research I've completed looking at steroid hormone regulation at the mechanistic level, and start to apply that to human health, disease, and nutrition here in the Department of Nutritional Sciences. I also want to foster more inter- and intra-departmental collaboration. This Nutrition department has a strong focus on biomedical and applied research and a lot of young professors eager to make a difference.

The work on metabolism here is second to none and I'm already learning a great deal. I look forward to building on my research using their expertise and lending mine where it's needed. In fact, Joe Pierre and I have already started that process. For my research, we've been able to describe the genetic and genomic mechanisms around calcium and phosphate homeostasis in a way that no one else has been able to accomplish.

We've generated some unique models that will now allow us to experimentally gauge the impact of vitamin D in inflammation, cancer, and disease.

What do you hope to accomplish during your time at UW-Madison?

I hope to make an impact. Making an impact on understanding disease, making an impact on my trainees, and making an impact for the state of Wisconsin. I hope to leave behind findings that will stand the test of time, knowing that we've done as complete of a job as possible, pushing the field forward, and that it's making a difference.

Graduate Program Coordinator Profile

Caitlin Seifert Irland

Could you tell us about your professional experience?

My name is Caitlin Seifert Irland, and I identify as a woman and use she/her pronouns. Prior to joining as the graduate program coordinator, I was a special education teacher with the Madison school district for seven years. In my new role, I'm the point person for the Nutrition and Metabolism Graduate Program. I provide support and guidance for current and prospective students, and I also provide administrative support for the Clinical Nutrition masters program, as well as the Metabolism and Nutrition Training Program (MANTP).

What attracted you to join the Department of Nutritional Sciences?

I knew that I wanted to stay in the field of education when I started looking to make a career change. I'm excited to have a student-centered role that can help others achieve their goals, and it's even more exciting to be part of a community dedicated to advancing human health.

What are some of your hobbies or interests that you would like to share with us?

In my free time I like to relax and read at home, or try new restaurants around town. Prior to COVID, I was very passionate about traveling, but since having my son our adventures have to be a little closer to home. I'm a huge history buff and really enjoy genealogical research. The technology and tools available nowadays, especially DNA testing, has really opened up new avenues to dig into family history.

How do you feel about the vibe of the Department of Nutritional Sciences? (Does it make you feel comfortable?)

I feel very lucky to have landed here at Nutri Sci. Everyone has been very welcoming and willing to help as I learn the ropes. This department and the UW community in general feels very relaxed. I hope to contribute to this culture by providing resources to our community. Not just being the go-to person for technical questions, but also being a sounding board for people and helping ensure peoples' needs are being met. I hope that I can take part in the diversity initiatives and promote a culture where people can be their authentic selves.

If you could have a superpower, what would it be and why?

If I could have any superpower it would probably be the ability to fall asleep immediately for a predetermined amount of time and wake up well rested. I think other superpowers like invisibility or clairvoyance come with a moral gray area that would be more trouble than they're worth. Whatever the power, I'd want it to impact me and not others. Perhaps a better superpower would be the ability to freeze time for myself, and then I can savor the special moments in life.

Caitlin with her cat, Panzer.

Ph.D. graduate Ben Rush wears Dian's hood in the Nutritional Sciences library.

Tales Told by My Hood

From Madison to Manoa and back,
my journey as an academic hood.

By Dr. Dian (Gans) Dooley

My first real Wisconsin memory dates from 28 August 1988. That is the day when Dr. Alfred Harper placed my lovely Hood-Self on the shoulders of Dian Dooley (then: Gans). Dian had just completed her Ph.D degree under Alf's steadfast and 'skeptical' direction. If memory serves, her thesis work was a multi disciplinary study of the effect of sugar on aggressive, juvenile male behavior. (Dian had already completed a MS with Dr. Jane Voichick in Fall 1982, but I have no memory of that milestone. Check out the Nutrition Sciences library, if nutrition education in school-aged maternity programs is of interest to you.)

The great excitement of this Hood's young life began with an airplane ride in August the following year…to Hawai`i! Dian had accepted a faculty position in the Food Science and Human Nutrition Department of the University of Hawai`i at Manoa (UHM). Note: Being an Assistant Professor at age 46 was sometimes a challenge for both her and her superiors. She remained in that position for 22 years and retired in June 2011.

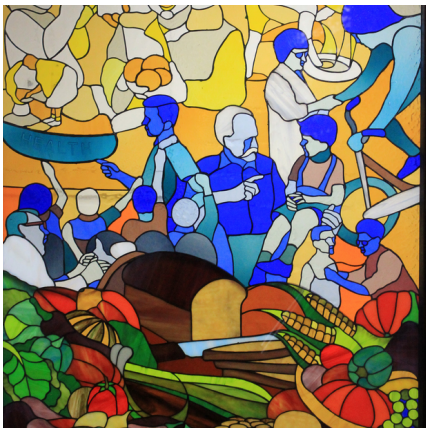
Tales Told by My Hood continued...

During her academic tenure at Manoa, Dian focused on instruction and science education research. She developed and taught courses from introductory nutrition to graduate research ethics. In between, there were classes on life span nutrition and nutrition education, as well as supervision of both undergraduate and graduate (mostly MS) research projects. Dian says that, for her, the most rewarding of all the courses was the required undergraduate ethics course that she developed and taught during her final 8 years at UHM. The best part of these years for me, the teen-aged Hood, was two-three times a year I got to take part in graduation ceremonies. You wouldn't believe the fragrance of the flowers and diverse, interesting students!

Sadly, the last ten years, I've been relegated to a zip-loc plastic bag in a storage box under an antique bed, in Hawai`i and then in the Napa Valley. So much for my later years! Dian had returned to California in 2013 for personal reasons; she currently lives in Yountville. Now, she keeps busy with volunteering, reading, walking, tai chi, yoga, and making three-dimensional art objects from a one-dimensional medium (yarn). I've been told that her thick pet-ghans are very colorful and much-appreciated. And now in my golden Hood years, freedom at last! I was recently sprung from under the bed and air-shipped to Dr. Rick Eisenstein. I am back in Wisconsin; back in the Nutrition Science Department and at your service as the Departmental Hood.

Ph.D. graduate Ben Rush wears Dian's hood in front of Ag. Hall, spring 2022.

Nutritional Sciences Building



"Universal Health Through Nutrition" by Robert Danner 1982

About the Author

Dr. Dian (Gans) Dooley graduated from the Department of Nutritional Sciences at UW-Madison with her M.S. degree in 1982, and her Ph.D. in 1988. Her Ph.D. thesis was titled "An Interdisciplinary Study of the Effects of Sucrose on Antisocial Behavior in Delinquent and Nondelinquent Adolescent Males. (BTW: If you are interested, you can reach Dian at dian@hawaii.edu)

Food Recipe

Creole Sausage Balls with Remoulade Dipping Sauce

A recipe that's from one of our great members at our department of NutriSci, Mary Lou Krase.

Ingredients:

Sausage Balls:

- 1 pound ground pork sausage meat
- 1.5 cups all-purpose baking mix
- 4 cups freshly grated cheddar cheese
- 1 teaspoon Tony Chachere's Original Creole Seasoning
- 1/4 cup milk (I used non-fat)

Remoulade Dipping Sauce:

- 1 cup mayo
- 2 tablespoons grainy or Creole mustard
- 1 clove garlic minced
- 1 tablespoon creamed horseradish
- 1 teaspoon Worcestershire sauce
- 1 teaspoon lemon juice
- 1/2 teaspoon Tony Chachere's Original Creole Seasoning
- 1 tablespoon fresh parsley chopped

Procedures:

1. Preheat oven, grease a large baking sheet, and prep your ingredients;
2. Add the sausage meat, baking mix, cheddar cheese, Tony's Original Seasoning, and milk to a large bowl. Using your hands, knead/mix it until it's well combined;
3. Form 1" balls and place them on the baking sheet. Bake the sausage balls for 18-20 minutes or until they're cooked through;
4. While the sausage balls are baking, make the remoulade sauce by combining the mayo, mustard, garlic, horseradish, Worcestershire sauce, lemon juice, Tony's seasoning, and parsley in a small bowl. Set it aside until needed;
5. Once the sausage balls are done, let them cool for a few minutes, and then plate them and serve with the remoulade dip.

Cookie Recipe

Making food is always a good way to make us feel joyful!

Get ready with this awesome recipe to make healthier chocolate chip cookies from one of our department members, Jevin Lorte.

Cookies Ingredients:

2 ¼ cups flour
1 tsp baking soda
1 tsp salt
1 package chocolate chips
1 cup sugar
1 banana
1 stick butter
3 eggs
1 cup ground flax or chia seeds
1 tsp vanilla

Butter: They start with two sticks of butter creamed with **less** white and brown **sugars**. The blend of those sugars creates a perfectly balanced flavor.
Eggs: Eggs add moisture and act as a binding agent, which means they help hold the dough together.
Added Flax/Chia: they are exceptionally high in fiber, omega-3s, proteins, and fat.

*This is a healthier cookie recipe, modified from the original one from the Tollhouse Chocolate Chip package recipe. (https://www.nestle.com/stories/timeless-discovery-toll-house-chocolate-chip-cookie-recipe)

It has half the butter, less sugar, more eggs, and added flax/chia.

Step 1
Preheat oven to 375° F.

Step 2
Combine flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.

Step 3
Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

Foodie Q&A

1. Which fruit's name means "sweet as nectar"?

A. Banana
B. Nectarine
C. Strawberry
D. Pineapple

2. In which country can you find biscuits named Tim Tam?

A. Russia
B. Singapore
C. Australia
D. Canada

3. What is the only food that can never go bad?

A. Honey
B. Butter
C. Black Bean
D. Almond

4. Where were French fries first invented?

A. German
B. France
C. Belgium
D. United States

FOOOD!!!

Answers: 1B, 2C, 3A, 4C

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