The Spring semester is over. Many of you will be taking vacations and traveling while others will redouble efforts to finish experiments, papers, and grants. Whether you are doing one or both of these activities, you have earned a well-deserved break.

This was a very successful year for the Department. Two faculty, Drs. Nadine Sahyoun and Jianghong Meng, received prestigious awards from AGNR College. Several of our graduate students won important prizes. Caroline Rocourt, Saira Khan, and Yunpeng Wu received the Center for Teaching Excellence Distinguished Graduate Teaching Assistant Award for their long and outstanding service to the Department and its teaching program. This year was the first time the Graduate School offered an International Research Award. Two of our students, Arnetta Fletcher and Haiqiu Huang, were selected to participate in this program in this inaugural year. These students will be spending the summer in Shanghai, China at Jiao Tong University, conducting research alongside Dr. Lucy Yu and Chinese scientists of that institution. Zhenlei Xiao and Magaly Toro won the Ann Wylie Dissertation Fellowships. Several of our undergraduate students also won prestigious scholarships and awards. The Department is truly on the move! Our dietetic students and the dietetic interns continue to excel in their academic and training endeavors. Congrats to everyone for your achievements.

Several students completed their degree programs this year. Congratulations to the baccalaureate, master and doctoral graduates. I, on behalf of the Department and College, wish all of you success in your future endeavors.

Our faculty is also reaching out to USDA, FDA, NCHS, and other federal partners to collaborate on various research projects. We hope that the ties that we are cultivating will come to fruition over the next several months and lead to joint extramural funding and collaborative research.

Congratulations to all and keep up the good work!
Faculty Awards & Recognition

Dr. Meng received AGNR’s “The Dean Gordon Cairns Award”

Dr. Jianghong Meng received “The Dean Gordon Cairns Award for Distinguished Creative Work and Teaching in Agriculture” during the 2013 College of Agriculture and Natural Resources (AGNR) convocation and Awards Ceremony held at University of Maryland’s Riggs Alumni Center on May 8, 2013. Dr. Meng is an internationally renowned expert in microbial food safety and a dynamic, highly-regarded faculty member. He has conducted innovative and cutting-edge research to address major issues in microbial food safety and other areas that impact public health.

Dr. Sahyoun received AGNR Alumni Association’s “Excellence in Research Award”

Dr. Nadine Sahyoun received the 2013 AGNR Alumni Chapter’s “Excellence in Research Award” during an awards banquet held at University of Maryland’s Riggs Alumni Center on April 16, 2013. Dr. Sahyoun’s expertise is in the field of nutrition epidemiology and aging. The goal of her research is to improve the quality of life for older adults and in the process, decrease health expenditures.

Drs. Buchanan, Pradhan, and Yu were among honored faculty at the 6th Annual University-Wide Celebration of Scholarship and Research

Drs. Robert L. Buchanan, Abani Pradhan, and Liangli (Lucy) Yu were among the honored faculty recognized at the 6th Annual University-Wide Celebration of Scholarship and Research held at the Art-Sociology Building Atrium on May 1, 2013, for their scholarly and research accomplishments in the past year. To illustrate the breadth of what the faculty accomplished, the Division of Research at UMD organized this event to highlight accomplishments such as, best paper awards, prestigious prizes, election to academic societies, major research or education grants or awards, etc.
Tiny Microgreens Packed With Nutrients

Dr. Qin Wang and her Ph.D student Zhenlei Xiao, together with scientists (Dr. Gene Lester and Dr. Yaguang Luo) in USDA, surveyed 25 commercially available microgreens on their phytonutrient contents. They found that microgreens generally have higher concentrations of healthful vitamins and carotenoids than their mature counterparts. They also found wide variations in nutrient levels among the plants tested in the study. The data generated in this study may provide a base for evaluating the nutritional concentrations of microgreens and contribute to the food composition database. These data may also be used as references for health agencies’ recommendations and consumers’ choices of fresh vegetables. Based on these results, a paper was published in the Journal of Agricultural and Food Chemistry. Moreover, their work was featured in PressPac for the American Chemical Society. Since then, the new research findings on the nutritional value of microgreens garnered great attention from national and international media, including the National Public Radio (NPR), The Huffington Post, ABC 7 affiliated WJLA-TV, Canadian Glow Magazine, Australian Broadcasting Corporation’s Rural Division, and many other academic and social media outlets. This research may significantly impact the consumers, nutrition educators, and growers in our society.

Research Day

Our Department held its Annual Research Day on May 03, 2013 at the National Agricultural Library located in Beltsville, Maryland. This event was a huge success.

The graduate students presented their current research projects. Dr. John Milner, Adjunct Professor in our Department and Director of Beltsville Human Nutrition Research Center gave the keynote address on “Nutrigenomics: Opportunities and Challenges for Understanding Diet and Health Interrelationships”. Dr. Milner was awarded the 2013 “Conrad Elvehjem Award for Public Service in Nutrition” from the American Society for Nutrition (ASN). This award is given in recognition of scientific and distinguished service to the public through the science of nutrition.
Thank you: The organizing committee would like to thank all the judges, students, and interns for their hard work and dedication, the Capital Area Food Protection Association (CAFPA) for its support to the food safety research award, and all those who contributed to the event. Congratulations to all students for your excellent poster presentations, especially those who won the poster competition.

Here is a list of the winning students and posters in each of the categories:

**First Year Nutrition Graduate Student**  
**Ruth Clark** “Synergistic anti-cancer effects of capsaicin and 3,3’-diindolylmethane in human colorectal cancer” (Advisor: Dr. Lee)

**First Year Food Science Graduate Student**  
**Aixia Xu** “Microbiological Assessment and Testing of Organic Pre- and Post-harvest Fresh Produce and Irrigation Water on Maryland Farms for Salmonella, Listeria monocytogenes and Shiga Toxin-Producing Escherichia coli” (Advisor: Dr. Buchanan)

**Continuing Nutrition Graduate Students**  
1st place: **Caroline Rocourt** “The Role of ATM and DNA-PKcs During Adipogenesis” (Advisor: Dr. Cheng)

2nd place: **Tsung-Yu (Ryan) Wu** “Dietary selenium deficiency induces aging and age-related loss of function in short telomere mice: a novel model to study selenium functions in health span and lifespan” (Advisor: Dr. Cheng)

**Continuing Food Science Graduate Student**  
1st place: **Tong (Nancy) Liu** “Synergistic interaction in dual-species biofilms formation by Escherichia coli O157:H7 and Ralstonia spp.” (Advisor: Dr. Lo)

2nd place: **Wenting Ju** “Pathogenicity islands in Shiga toxin-producing Escherichia coli O26,O103 and O111 isolates from humans and animals” (Advisor: Dr. Meng)

**Food Safety Graduate Students (provided by Capital Area Food Protection Association)**

**First Year Food Science Graduate Student**  
**Miao Wang** “Food Safety Risk Assessments for Listeria monocytogenes and Salmonella spp. in Melons” (Advisor: Dr. Pradhan)

**Continuing Food Science Graduate Student**  
1st place: **Guojie Cao** “Phylogenetic Analysis and Comparative Genomics of Salmonella Newport Clinical Strains from China by Whole Genome Sequence” (Advisor: Dr. Meng)

Tied for 2nd place:  
**Haiqui Huang** “Differential Anti-inflammatory Activity of Taxifolin, Quercetin and Kaempferol in Macrophage and Monocyte is Associated with Expression of the Xenobiotic Metabolizing Enzyme Cytochrome p450 1B1” (Advisor: Dr. Yu)

**Hao Pang** “Quantitative Risk Assessment for Escherichia coli O157:H7 in Fresh-cut Lettuce” (Advisor: Dr. Pradhan)

**Dietetics Interns**

**Clinical Case Studies:**  
1st place: **Melissa Ciampo**

**Project Reports:**  
1st place: **Melissa Grindle**  
2nd place: **Jennifer Vargas**
UMD Food Science Club Successfully Hosted 2013 IFTSA Central Atlantic College Bowl Event

The UMD Food Science Club successfully organized and hosted the 2013 Institute of Food Technologists Student Associations’ (IFTSA) Central Atlantic College Bowl Event at the University of Maryland, College Park on April 5-6, 2013. In the IFTSA College Bowl Competition, student teams are tested for their knowledge in the areas of food science and technology, history of foods and food processing, food law, and general IFT/food-related trivia (http://www.ift.org/community/students/competitions/college-bowl.aspx). Teams from North Carolina State University (NCSU), Virginia Tech (VT), University of Delaware (UDel), and University of Maryland, College Park (UMD) participated in the event. One team from each of these Universities participated in this regional competition. Our UMD team included undergraduate and graduate students from the NFSC department: Alex Butcher, Andrea Gilbert, Ariel Bourne, Guido Pelaez, Vivian Nguyen, Liz Beck, Yuting Zhou, and Magaly Toro (captain). Our team put a lot of effort into preparing and practicing for this competition and did an excellent job by defeating teams from VT and UDel. NCSU team won this regional competition held on April 6, 2013, by defeating UMD in the final round. NCSU team will be competing for the national championship at the IFTSA’s College Bowl competition that will be held in Chicago, Illinois on July 15, 2013 during the IFT Annual Meeting and Food Expo.
UMD Food Science Club successfully organized the FFA Food Science Event


UMD Food Science Club supported the MD FFA Association and successfully organized the 2013 FFA Food Science and Technology Career Development Event (CDE) in the Adele H. Stamp Student Union at UMD on April 16, 2013. In this event, students from Maryland high schools used their knowledge and skills to examine, evaluate, and solve problems, and make sound decisions in different Food Science and Technology CDE tasks. A group of NFSC undergraduate and graduate students Cindy Feng, Meng Li, Alexandra Butcher, Kwon Yang and Vivian Nguyen led by Hao Pang (graduate student) prepared the written test, aroma test, sensory test, photo practicum, and team product development topic. They also served as judges to give scores and comments to the teams participating in the product development competition.
UMD DIETETICS STUDENTS PRESENTATIONS AT THE ANNUAL MARYLAND & WASHINGTON D.C. ACADEMY OF NUTRITION AND DIETETICS CONFERENCES

This Spring, Sophomore and Junior students presented, for the first time, three posters at the Maryland Academy of Nutrition and Dietetics Meeting. Those who contributed to the work were Alexandra Raymond, Nikeya Thomas, Shelby Vaughn, Margo Roth, Sydney Richards, and Sara Goff. Alexandra’s poster was one of the top 5 winners. Sydney’s poster was presented at the DC Academy of Dietetics. This exercise of data gathering, analysis, poster making, and presentations was initiated and supervised by Dr. Udahogora with the assistance of Dr. Kavitha Sankaravam. GO TERPS!

NFSC AMBASSADORS PRESENTATION ON DIETETIC PROFESSION

April 18, 2013

Students from NFSC undertook a two day outreach program on a career in Dietetics at Oxon Hill High School. In attendance was the science teacher, Ms. Candice Mott. NFSC Ambassadors who made the presentation were Clare Wise, Jessica Pochmara, Derek Lipton, Sydney Richards, Alexandra Raymond, and Warren Rand. The groups discussed the roles of registered dietitians (RDs). At a “Check our Class” session, students reviewed the courses required to become an RD. A topic on “Staying Healthy in College” was presented and a time for questions and answers concluded the session. The program was planned by Dr. Margaret Udahogora and coordinated by Sydney Richards, Community Outreach Officer for FAN CLUB.

NFSC STUDENTS AT PUBLIC POLICY WORKSHOP: Academy of Nutrition and Dietetics, Public Policy

March 2013

Dr. Margaret Udahogora and dietetics students Becky Gates, Doyoung Kim, and Valerie Stoner attended an evening of policy discussion organized by the Academy’s Annual Public Policy Workshop in Washington, D.C. The theme for 2013 was Policy from the Ground Up. The focus of the workshop was leveraging grassroots efforts to make a local and sustainable impact on the dietetics profession. Legislations on food security, nutrition education, health care rollout, school nutrition, and healthy aging were covered. The workshop concluded with meeting staff in the Hart and Rayburn Senate Offices. Becky Gates, who participated in all the sessions of the workshop, joined dietitians at the Capital Hill to discuss the Preventing Diabetes in Medicare Act and The Farm Bill.
NFSC Dietetic Internship

Fall Activities
All (10) 2012-2013 dietetic interns attended the 3-day Academy of Nutrition and Dietetics (AND) Food and Nutrition Expo (FNCE); all ten were also selected by AND (formerly ADA) to serve in various professional functions for one day at the meeting.

Three abstracts, written by interns from the 2011-12 class, were accepted and presented at this meeting and published in JAND (formerly JADA). FNIC staff provided input on abstracts and posters prior to the national presentation.

Winter Activities
Two interns (Mavis Ren and Wendy Baier) were selected to represent the Academy of Nutrition and Dietetics at the annual Academy Public Policy Workshop in DC in March’13 – representing the Nutrition Informatics Committee.

8 interns participated in a state public policy day sponsored by Senator James Brochin in Annapolis, while 2 interns attended the MDA legislative Day in Annapolis. Intern blogs are being published in the MAND newsletter.

The FNIC: NFSC Dietetic Internship Conference Day entitled "Nutrition, Communication and Information Management" was attended by 75 area interns, preceptors and guests on Monday, January 14, 2013 at NAL.

The internship had a 25% increase in applicants this year for the 2013-2014 class. All interns in the 2011-12 class passed the registration examination. Intern 5-year pass rate average is now 96%.

Spring Activities
All (10) 2012-2013 interns were invited as speakers at the Maryland Dietitians in Health Care Communities spring meeting in April – providing presentations/training in technology use to home care and long term care practicing dietitians. FNIC team provided assistance with handouts. Jennifer Vargas, 2012-13 dietetic intern, successfully competed against other dietetic interns (from Hopkins, NIH, UMMC, Sodexo, etc.) for selection by the Maryland Academy of Nutrition and Dietetics (formerly MDA) as the “Dietetic Intern of the Year”. FNIC team submitted the initial nomination.

All 10 interns had state abstract posters selected for presentation at the MAND spring (April ’13) and the DCMADA meeting (May’13). Intern Melissa Ciampo was selected as first place abstract-poster winner at the DCMADA meeting.

Phyllis McShane, the Internship Director, was an invited speaker at the Academy’s regional educators meeting in Charlottesville on 4-11-13 presenting information on Nutrition Informatics and the Academy’s Informatics Delphi study.

All 10 interns participated in Maryland Day at internship, FNIC, and Extension booths.

Ongoing
As part of technology training, interns continue to provide live webinars at NAL: FNIC on technology use. Then, with editing assistance from FNIC staff, interns develop blogs based on the presentation that are initially posted online at Society of Nutrition Education and Behavior, and subsequently posted on RD411/Nutrition 411.
Student Awards & Recognition

Courtney Calo, a Senior dietetic student and future intern with a GPA of 3.94, was recognized for achieving high academic excellence (AGNR, 2013).

Hao Pang, a graduate student in our Department working with Dr. Abani Pradhan, received the Student Merit Award from the Microbial Risk Analysis Specialty Group (MRASG) at the 2012 Annual Meeting of the Society for Risk Analysis (SRA) held on December 9-12, 2012, in San Francisco, California. In addition to this merit award, he received a Student Travel Award from SRA to attend this meeting.

Noelia Williams is one of the 2013 Student Travel Scholarship Recipients of the International Association for Food Protection (IAFP). The award will be presented during IAFP’s annual meeting to be held on July 28-31 in Charlotte, North Carolina. Noelia is working on her PhD with Dr. Robert Buchanan.

2013 Distinguished TA Award from the Center for Teaching Excellence
- Saira Khan
- Caroline Rocourt
- Yunpeng Wu

Ann G. Wylie Dissertation Fellowship
(2013-2014 Academic Year; one semester award)
- Magaly Toro
- Zhenlei Xiao

Juice Products Association (JPA) Scholarship
(2013-2014 Academic Year)
- Veronica Sons

Spring Celebration: NFSC Graduate Student Appreciation Party held in Maine Mount Hall on April 11, 2013

Congratulations to the Award and Fellowship Recipients

Saira Khan
Caroline Rocourt
Yunpeng Wu
Magaly Toro
Zhenlei Xiao

Spring 2013
Alumni
SECOND CAREER AT UMD AND ISPP INTERNSHIP – A SUCCESS STORY
Stephen Chavez, PhD, RDN, LD; Certified Personal Trainer; Sports Nutritionist; Clinical Dietitian.
sjchav214@gmail.com

As a former graduate student and professional returning to undergraduate classes for a career change, I had the great experience of completing my dietetic coursework at the UMD. My dietetic internship was through an ISPP at Iowa State University during Fall of 2012. Having an extensive background in research, food service, and community nutrition, my ISPP was reduced to only a clinical rotation. Although finding a preceptor can be very difficult when designing your own internship, the outcome was very rewarding. An ISPP requires dedication and motivation to lead and overcome any weaknesses. After completing my ISPP, I passed the RD exam two weeks later (Fall, 2012).  **CONGRATULATIONS STEVE!**

Nancy Lum, RD, LDN practices in multiple medical disciplines with a concentration in GI and Bariatric Nutrition. She created the Bariatric Nutrition program at Sinai Hospital in Baltimore in 2003 and has been published in The Bariatric times in 2010 and 2011. Nancy is currently running the Bariatric Nutrition program for all bariatric surgery patients for Dr. Kuldeep Singh, Dr. Isam Hamdallah, and Andrew Averbach located at St Agnes Hospital in Baltimore, MD. She is also co-founder of STRIVE Motivational Group Therapy which focuses on nutrition, lifestyle and behavior modification to get to the root cause of eating habits. nutritiontruth@gmail.com; 443-490-1240 Ph/Fax; www.STRIVEmd.com; www.Nutrition5.com.
The department would like to extend a big congratulations to its new graduates!

Congratulations on all your accomplishments here at UMD!
The Department of Nutrition and Food Science strives to prepare students for careers in the dynamic and global food industry, public health and community nutrition sectors, health care, or biomedical research. The program offers a Bachelor of Science degree in Nutrition and Food Science with three options for students interested in Nutritional Science, Food Science, and Dietetics. The University of Maryland is an internationally recognized research university. It is also the most comprehensive institution of higher education, research, and service in the state of Maryland. The Department of Nutrition and Food Science offers two graduate programs; one in Nutrition and the other in Food Science.

FOR MORE INFORMATION
To learn more about our programs, please visit our website or contact us at the e-mail address provided on the side. For application and admissions information or to visit campus, contact the Undergraduate Admissions Office.

Donate to the Department
If you have the means and desire, please consider making a commitment to supporting the educational mission of the Department of Nutrition and Food Science. Any gift will make a difference in preserving the quality education to our students. Please use the information provided on the sidebar to contact our Department for more information.