

FOOD for thought

SCIENCE | SERVICE | SAFETY



FOOD SCIENCE AND
HUMAN NUTRITION
COLORADO STATE U | ITY



KRNC Director, Shelby Cox

Kendall Reagan Nutrition Center (KRNC)

provides outstanding service for CSU students, faculty, staff and the Front Range Communities

Funded by Pat & Larry Kendall and Danette Reagan.

The Kendall Reagan Nutrition Center is a full-service clinic that specializes in nutrition counseling, group programs, and cooking classes. Our team of registered dietitian nutritionists provide individualized, evidence-based nutrition care to support clients through lifestyle behavior changes in pursuit of health-focused goals. Our client-centered, comprehensive approach includes motivational coaching, nutrition education, and collaborative goal setting. We team with other health care providers to offer a multi-disciplinary approach to support our clients in their journey towards wellness.

The director of the KRNC is Shelby Cox who served as the interim director of KRNC before becoming director. Cox states, "I am so fortunate to have had the opportunity to grow in my position as the KRNC has grown as a clinic." Cox is currently pursuing her Ph.D. in Nutrition and Food Science.

Ask about our telehealth or in-person appointments!



**KENDALL REAGAN
NUTRITION CENTER**
COLORADO STATE UNIVERSITY

RESEARCH Graduate Student Spotlight

Chelsea Didinger
Legumes & Health



Chelsea Didinger is a Ph.D. candidate specializing in interdisciplinary translational research focusing on legumes, pulses in particular, and outreach. She adopts a holistic food systems approach with the goal of making science accessible to the public through evidence-based outreach efforts. Didinger's website, A Legume a Day, adds snippets on the science of legumes, not clickbait but accessible, brief summaries of what the scientific literature really has to say. Currently, she works as a GRA, Extension employee and Horticulture program outreach assistant.



Student Spotlights:

Hospitality Management
Christopher Begay



Begay is a second major in the program after working in the field for 3+ years. He states, "I have learned a lot about being a leader, being creative and having empathy for employees and guests".

Fermentation Science
Ryan Pearce



Pearce is currently a junior in the program from Chicago, Illinois. Pearce chose fermentation because it perfectly combines art and science. Read his story!

Nutrition & Food Science
Hannah Sykes



Sykes is a senior in the program from Jacksonville, Florida. A forward thinking student interested in creating her own brand before graduation. Read her story!

Industry Partnership with Ardent Mills enhances cereal science course!

A course in the Fermentation Science and Technology program is getting a boost from a collaboration with Colorado Company Ardent Mills. Laurie Scanlan, Ph.D., Ardent Mills director of R&D and Amy Sheflin, Ph.D., nutritional consultant and Instructor are joining forces to provide innovative instruction for students in the cereal science course. Read about how student learning and enhancements are elevating this course as well as more indepth information on Ardent Mills, Scanlan and Sheflin.



New Food Systems concentration

We have launched a new concentration under our nutrition and food science major. A food system includes all processes and infrastructure involved in feeding populations including growing, harvesting, processing, packaging, transporting, marketing, consumption, distribution, and disposal of food and food-related items. Food systems are influenced by political, environmental, economic and social contexts. Find out more about food systems and what you can do with this concentration.



FSHN Research Spotlight

Charlene Van Buiten: *Gliadin sequestration as a novel therapy for Celiac disease*

Sarah A. Johnson: *The role of mindfulness in associations among depression symptoms, sleep duration and insulin resistance in adolescents*

Tiffany Weir: *Diet and cancer risk reduction: The role of diet-microbiota interactions and microbial metabolites*

Leslie Cunningham-Sabo: *A systems examination of food packaging and other single-use item waste in school nutrition programs*

Megan Mueller: *GMO food labels do not affect college student food selection, despite negative attitudes towards GMOs*

Soo Kang: *Role of cultural worldview in predicting heritage tourists' behavioral intention*

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