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!

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.
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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