Framingham State Food Study Science Symposium

Thursday, April 25, 2019
Forum, McCarthy Center
4 to 6:30 p.m.
Framingham State Food Study Science Symposium

4 - 4:30 p.m.  Reception

4:30 – 5 p.m.  Greetings and Introductions
Linda Vaden-Goad, PhD
Provost and Vice President for Academic Affairs
Framingham State University

Patricia K. Luoto, EdD
Professor Emeritus, Food and Nutrition
(FS)² Project Director, Framingham State University

What Did We Learn from the Framingham State Food Study?
Cara B. Ebbeling, PhD, MS
Principal Investigator, Framingham State Food Study
Co-Director, New Balance Foundation Obesity Prevention Center, Boston Children’s Hospital
Associate Professor, Pediatrics, Harvard Medical School

5 – 5:20 p.m.  Effects of a Low-Carbohydrate Diet on the Lipoprotein Insulin Resistance Index and Other Risk Factors for Cardiovascular Disease
Ann Johnson, PhD, MBA, RD, LD
Assistant Professor, Food and Nutrition, Framingham State University

Amy Knapp, PhD
Assistant Professor, Biology, Framingham State University

5:20 - 5:40 p.m.  Effects of Diets Varying in Carbohydrate on Cognitive Performance
Ruth Remington, PhD, AGPCNP-BC
Professor, Nursing, Framingham State University

Susan M. Mullaney, EdD, RN, CNE
Professor/Chair, Nursing, Framingham State University

Cynthia Francis Bechtel, PhD, RN, CNE
Professor, Nursing, Framingham State University

5:40 – 5:45 p.m.  Stretch Break

5:45 - 6:05 p.m.  Influence of Weight Bias on Dietary Compliance and Stress
Andrea Gorman, PhD, MS, RD, LDN
Assistant Professor/Director, Coordinated Program in Dietetics
Food and Nutrition, Framingham State University

Charles J. Sachs, PhD
Assistant Professor, Psychology and Philosophy
Framingham State University

6:10 – 6:25 p.m.  The Academia/Industry Partnership
Ralph Eddy, Director Dining Services/Sodexo
Framingham State University

Megan Sandman, MS, RD, (FS)² Clinical Nutrition Research Coordinator

Lauren Holmes, RD, (FS)² Kitchen Production Leader
New Balance Foundation Obesity Prevention Center, Boston Children’s Hospital

6:25 – 6:30 p.m.  Concluding Remarks
Cara B. Ebbeling, PhD, MS