



Nutrition Through the Life Cycle

By Judith E. Brown, Janet Isaacs, Bea Krinke, Ellen Lechtenberg, Maureen Murtaugh

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Editorial Review

Review

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About the Author

Judith E. Brown is a nutrition researcher, writer and speaker who provides consultation services to the food and pharmaceutical industries, and government health programs. As a Professor Emeritus of the Division of Epidemiology and the Department of Obstetrics and Gynecology, University of Minnesota, she successfully obtained and completed large, competitively funded research grants related to nutrition and health. Her areas of expertise include scientific advising on new product development, advising on product evaluation studies, public speaking to professional groups, consumer-oriented publications on topics specific to health and nutrition, and expert opinion papers on safety and efficacy of nutrients, nutraceuticals, and fortified products. Dr. Brown has more than 30 years of instructional experience in the field of nutrition. She has also been involved with writing for several years and has written more than one hundred research articles for publications. She is the author of *NUTRITION THROUGH THE LIFE CYCLE, THIRD EDITION* (Wadsworth, 2008). An avid researcher and an exceptional writer and teacher, Judy Brown is one of the most influential and respected authors in the field.

Janet S Isaacs, PhD, RD, has worked in pediatric nutrition at federal, state and regional level services in 7 different states, and in settings ranging from outpatient to tertiary level inpatient services. Her primary area of specialty and research concerns children with special health care needs and children with inborn errors of metabolism. Currently she is consulting in North Carolina to develop and teach pediatric nutrition online courses to public health employees. Janet earned her Master's of Arts for Teachers from Indiana University, Bloomington, Indiana College of Arts and Sciences and her PhD from Florida State University Tallahassee, Florida College of Home Economics. She has published in 5 peer-reviewed journals and in 6 books within the last decade.

Bea Krinke, PhD, MPH, RD, LN, currently serves as adjunct instructor at the University of Minnesota, School of Public Health. Her teaching role has included coordinating the field experiences of nutrition students for over 20 years as well as developing and teaching on-campus and distance courses in various courses, including her favorite: Nutrition and Aging. Krinke's education complemented her work. A specialization in dietetics and an internship at the University of Minnesota Hospitals and Clinics led to work in hospitals, community programs and a progressive member-owned Health Maintenance Organization, where she coordinated several educational programs, including diabetes education. This HMO experience led Krinke to return to the University of Minnesota to earn an MPH in Nutrition with a credential Nutrition

Administration. In 1987, Krinke began teaching at the University of Minnesota's School of Public Health, which prompted her to complete a PhD in Work, Community, and Family Education, specializing in experiential education. Krinke is also the owner of Nutrition Profiles, specializing in recipe analysis, and a member of Slow Food, both of which allow her to satisfy her interests in the cultural aspects of food and nutrition.

Ellen Lechtenberg is the lactation program coordinator at Primary Children's Medical Center in Salt Lake City, Utah. She has been an International Board Certified Lactation Consultant since 1996. She is a Registered Dietitian and a Certified Specialist in Pediatric Nutrition. Ellen has the unique advantage of using her nutrition knowledge as a lactation consultant. She has a passion for providing human milk for patients with nutritional challenges such as chylothorax and colitis. Ellen presented her fat free human milk project last year at ILCA and won the project poster. One of her career goals is to increase knowledge of dietitians regarding human milk immunology and breastfeeding thus improving lactation duration. She has presented at local, state and national nutrition meetings. Ellen also has experience working at a corporate level with lactation consultants developing breastfeeding policies and protocols as well as lactation education programs for nurses and health care professionals. She has a B.S. degree from University of Nebraska.

Maureen Murtaugh, PhD, RD, is Associate Professor in the Division of Epidemiology at the University of Utah. She enjoys a balance of research and teaching in her current position. She teaches nutrition, including maternal-infant nutrition to medical students and teaches grant writing in a clinical epidemiology program. Her research interests are broad, including the influence of maternal diet on breastfeeding and child outcomes and the influence of diet on the development of chronic disease. Maureen earned her B.S. from Syracuse University; she earned her PhD in Nutritional Sciences with a focus on maternal child nutrition from the University of Connecticut. In 1999 she decided to retool her career with a post-doctoral fellowship in Epidemiology at the University of Minnesota working with investigators in Cardiovascular Disease Epidemiology and Prevention. She pursues a healthy work/life balance by enjoying the mountain west's natural playground.

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