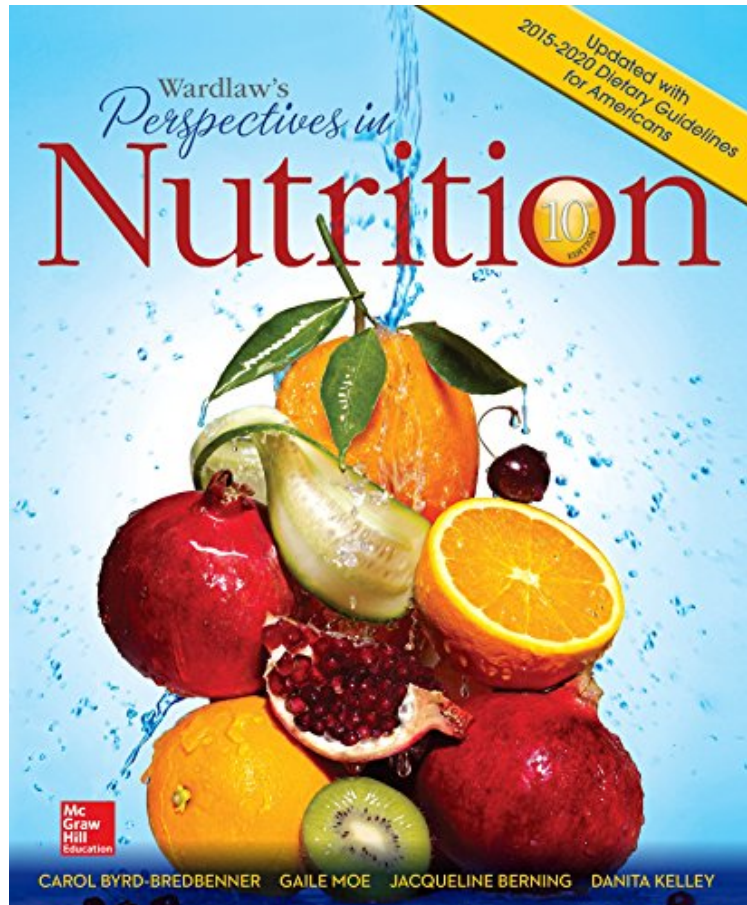


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## Wardlaws Perspectives in Nutrition Updated with 2015 2020 Dietary Guidelines for Americans

*Carol Byrd-Bredbenner Professor PhD. R.D. F.A.D.A, Gaile Moe, Jacqueline Berning Professor, Danita Kelley*

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**About the Author** Jacqueline R. Berning, Ph.D., R.D., CSSD, earned her doctorate in nutrition from Colorado State University in Fort Collins, Colorado. She is currently Professor and Chair of the Health Science Department at the University of Colorado at Colorado Springs (UCCS), where she has won numerous teaching awards. Dr. Berning is published in the area of sports dietetics and was the sport dietitian for the Denver Broncos for over 25 years, Cleveland Indians for 18 years, and Colorado Rockies for 10 years. Currently she is the sport dietitian for UCCS athletics and US Lacrosse. She is active in the Academy of Nutrition and Dietetics, where she served as the chair of the Program Planning Committee for FNCE and is currently Chair of the Appeals Committee. In 2014, Dr. Berning was awarded the Mary Abbot Hess Award for Culinary Events for teaching the University of Colorado football team how to grocery shop and cook. Additionally, she served 6 years as an ADA spokesperson and is a former chair of the Sports, Cardiovascular, and Wellness Nutritionists dietetics practice group. She enjoys walking, hiking, and gardening.

Gaile L. Moe, Ph.D., R.D., earned a doctorate in nutritional sciences at the University of Washington. She is a registered dietitian who has worked in clinical nutrition, research, and management, as well as education. She is currently Professor and Director of the Didactic Program in Dietetics at Seattle Pacific University. She has published in peer-reviewed journals in the areas of nutrition and cancer and media reporting of nutrition research. Gaile enjoys swimming, cycling, walking, and hiking, along with learning about culinary traditions, food, and food policy.

Danita Saxon Kelley, Ph.D., R.D., earned her doctorate in nutritional sciences from the University of Kentucky. She serves as Associate Dean of the College of Health and Human Services and is a Professor in the Family and Consumer Sciences Department at Western Kentucky University. Previously, Dr. Kelley was Director of the Didactic Program in Dietetics at Western Kentucky University. She is a Past President of the Board of Directors for the Kentucky Academy of Nutrition and Dietetics. Her scholarly work has focused on healthy eating of adolescents, communication skills of dietetic students, histaminergic activity and regulation of food intake, and dietary restriction effects on the antioxidant defense system. She has received awards for teaching from the Kentucky Academy of Nutrition and Dietetics and the Dietetic Educators of Practitioners of the Academy of Nutrition and Dietetics. She enjoys singing, walking her dog, cheering for her family in water-ski competitions, and watching her children participate in athletic and musical endeavors.

Carol Byrd-Bredbenner, Ph.D., R.D., FAND, received her doctorate from Pennsylvania State University. Currently, she is Professor in the Nutritional Sciences Department at Rutgers, The State University of New Jersey. She teaches a wide range of undergraduate and graduate nutrition courses. Her research interests focus on investigating environmental factors that affect dietary choices and health outcomes. Dr. Byrd-Bredbenner has authored numerous nutrition texts, journal articles, and computer software packages. She has received teaching awards from the American Dietetic Association (now called the Academy of Nutrition and Dietetics), Society for Nutrition Education, and U.S. Department of Agriculture. She was the recipient of the American Dietetic Association's Anita Owen Award for Innovative Nutrition Education Programs. She also was a Fellow of the United Nations, World Health Organization at the WHO Collaborating Center for Nutrition Education, University of Athens, Greece. She enjoys exploring food and culinary customs, traveling, diving, and gardening.