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Longhorn IFT Newsletter

Oct 2009

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October LIFT Meeting



Food and Your Well Being
Learn from Dr. Leung what changes in diet & life style you can make to enhance your well being & health

Date:
Thursday, Oct. 22

Time: 5:30-6:30 Networking Hour
6:30-7:30 Dinner Selection of four delicious BJ's Entrees
7:30-8:30 Dr. Henry Leung provide us with the most up to date information on "Nutrition and Your Well-Being."

Location: [BJ's Restaurant & Brewhouse](#) 2609 S. Stemmons Fwy. (Near Vista Ridge Mall & Costco)
Lewisville, TX 75067 ([map](#))

Cost: \$20.00 Person Includes Ticket for one of BJ's handcrafted brews
\$15.00 Students

RSVP Close of Business Wed. Oct. 21. craig@integra-ingredients.com

Menu Choices:

Grilled or Blackened Chicken Pasta
Parmesan Crusted Chicken
Panko Crusted Fish or Grilled Shrimp Tacos
Roasted Turkey Cobb Sandwich
Deep Dish Pizza - Italian Sausage and Fresh Basil or equal value choice.
Includes iced tea or soda

Dr. Leung Presentation & Bio

PRESENTATION ABSTRACT

The presentation will begin with an overview of the major health problems in the U.S. (i.e., obesity, diabetes, hypertension, cardiovascular diseases, and cancers) as related to diet and food consumption behavior. Important dietary factors such as total calorie intake, saturated and trans fats, omega-3 and omega-6 fatty acids, sugars, sodium, dietary fibers, and consumption of meat, fish, dairy, fruits, vegetables, and whole grains as well as their impact

on health will be briefly discussed. Selected foods and functional ingredients with particular nutritional benefits will be mentioned. Also, the life expectancy of Americans will be compared with selected countries and the differences in food consumption patterns and life styles will be explored. The presentation will conclude with some recommended changes in diet and life style to enhance the well being and health of the aging population.

BIOGRAPHICAL SKETCH

Henry Leung is a visiting professor at Hong Kong Polytechnic University and a consultant in food technology. He recently retired from Frito-Lay after spending over 30 years in university research and teaching and industrial R&D. He received his B.S. in Chemistry from University of Wisconsin and his Ph.D. in Food Science from University of Illinois. He was a professor of food science at Washington State University for ten years before taking industrial positions at Campbell Soup, Kraft, and Frito-Lay. His experience at Frito-Lay included the development of healthy vegetable and fruit snacks. Henry was the recipient of the 1984 Prescott Award for outstanding food research from Institute of Food Technologists (IFT) and the 2001 Corporate Achievement Award from Organization of Chinese Americans. He served as an IFT Scientific Lecturer, Chairman of the Lewis-Clark IFT Section, an Associate Editor of Cereal Chemistry, and a member of several IFT and professional committees. In addition to his teaching at Hong Kong Polytechnic University, he taught a number of technical short courses including "food chemistry" and "water activity" for food industry professionals.



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Sign up today at [LinkedIn](#) and make sure to join the Longhorn Institute of Food Technologists (LIFT) group so you can stay connected with local people in the Food industry.

Upcoming Events

Oct. 22 - Food and Your Well-Being with Dr. Henry Leung at BJ's Brewhouse, Lewisville

Nov. 19 - Choosing the Best Oils for your Product and Process with Dr. Clay King at TX Woman's University This will also include "fun" Turkey Frying Tastes Tests

Dec. 10 - Christmas Party! with Elves at Ferrari's Italian Villa

Job Posting and Job Wanted

If you would like to post a job opening or job wanted add in our November newsletter please send the following information by Oct 31 to jaime.reeves@fritolay.com.

Job Posting:

Please include a short discription of the job, qualifications and contact information

Job Wanted:

No resumes please. Include a couple of lines discribing your background and contact info. If you are on our LinkedIn site please include that as well.

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