

## **Sudha Raj PhD RDN FAND**

Department of Public Health, Food Studies and Nutrition  
David B Falk College of Sport and Human Dynamics, Syracuse University,  
Syracuse, N Y 13244  
Tel: 315-443-5573; Fax: 315-443- 9807; email: sraj@syr.edu

### **EDUCATION**

- Ph.D.** Nutrition Science, Syracuse University, Syracuse, NY 1991  
**M.S.** Nutrition Science, Syracuse University, Syracuse, NY 1985  
**M.Sc.** Foods, Nutrition & Dietetics, Bombay University, Bombay, India. 1981  
**B.Sc.** Nutrition and Dietetics, Madras University, Madras, India. 1979

### **ACADEMIC EXPERIENCE**

- 2017- **Teaching Professor**  
2013- 2017 **Associate Professor**  
Department of Public Health, Food Studies and Nutrition. Syracuse University, Syracuse N.Y.  
2004 - 2013 **Graduate Program Director & Senior Part-time Instructor:** Department of Public Health, Food Studies and Nutrition. Syracuse University, Syracuse N.Y.

#### *Courses taught include*

South Asia –Culture, Food, Family and Healthcare Systems (Study Abroad Summer 2016)  
Introduction to Integrative and Functional Nutrition (Graduate)  
Current Issues in Nutrition  
Food as Medicine (Undergraduate and Graduate)  
Nutritional Status and Assessment (Graduate)  
Seminar in Food and Nutrition (Graduate)  
Vegetarian Nutrition (Undergraduate)  
Food, Culture and Environment (Graduate and Undergraduate)  
Nutrition in Health (Undergraduate)  
Problems in Human Metabolism (Graduate level)  
Vitamins and Minerals (Graduate level)  
Metabolism (Graduate level)  
Nutrition Research and Evaluation (Undergraduate)  
Food Science (Undergraduate)  
Inter-Professional Learning Community. Team Faculty Member

#### *Courses under development*

Dietary Supplementation- Do's and Don'ts (Module)  
Nutritional toxicology (Module)

*Courses advised*

Master's thesis  
Independent Study  
Readings in Nutrition  
Honors Capstone Thesis

- 2000- 2001 **Visiting Assistant Professor.** Department of Nutrition and Hospitality Management  
Syracuse University, Syracuse, N.Y.
- 1988- 1989 **Adjunct Instructor** Department of Nutrition and Hospitality Management  
Syracuse University, Syracuse, N.Y.
- 1986-1988 **Teaching Assistant** Department of Nutrition and Hospitality Management  
Syracuse University, Syracuse, N.Y.

**PROFESSIONAL SERVICE**

**Positions held in the Academy of Nutrition and Dietetics**

- 2016-2017 Co-author- SOP/SOPP for Dietitians in Integrative and Functional Medicine.  
Academy of Nutrition and Dietetics
- 2011 Work group member and co-author for Standards of Practice for Dietitians in Integrative  
and Functional Medicine. Academy of Nutrition and Dietetics
- 2006 - Present **Chair** for Evidence Based Analysis Work Group on Vegetarian Diets. Academy of  
Nutrition and Dietetics.
- 2008- 2009 **DPG representative** for Vegetarian Nutrition and Nutrition & Complementary Care  
American Dietetic Association's House of Delegates
- 2005- 2006 **Chair** for Vegetarian Nutrition Dietetic Practice Group of the American Dietetic  
Association
- 2001- 2004 **Senior Editor** for Vegetarian News Update- Quarterly Newsletter published by the  
Vegetarian Nutrition DPG of the American Dietetic Association. Responsible for  
contacting potential authors, editorial work on four newsletters a year; mentoring writing  
activities for DPG. Continue to review quarterly newsletter.
- 2002-2003 **Professional Issues Co-Chair.** Central New York Dietetic Association, Syracuse NY

**Participation in Professional Organizations**

**Supporting Students of Diverse Backgrounds During Dietetics Education-presented  
with Crystal Wynn** at the FNCE (Food and Nutrition Conference and Expo), Boston  
MA October 18, 2016

**“Revival of traditional food systems-their implications for Agribusiness and Nutrition”** with R. Narayanan at the Institute of Rural Management, Anand (IRMA), Gujarat India January 6-7, 2016

**Content Developer**-Online Certificate of Training-Vegetarian Nutrition. Vegetarian Nutrition Dietetic Practice Group of the Academy of nutrition and Dietetics. June, 2015

**Participant –Dietary Supplementation workshop. Office of Dietary Supplements.** National Institutes for Health. June 4-6, 2014

**Annual Food and Nutrition Conference and Expo**, Atlanta GA. October 18-21, 2014.

**Member of the Scientific Advisory Committee to revise the Oldways Vegetarian Dietary Pyramid**, June-October, 2013.

**Member of International Advisory Board of the 6<sup>th</sup> International Congress on Vegetarian Nutrition** held at Loma Linda University, CA in February, 2013.

**Vegetarians in the Library- Evidence Analysis Education session presentation with Scott Parrott** at the FNCE (Food and Nutrition Conference and Expo), San Diego, CA. Sept. 25, 2011

**Cross Cultural Coaching.** Invited to present Education session presented at the FNCE (Food and Nutrition Conference and Expo), Boston, M A. November 9, 2010

**Presiding Officer for VN DPG sponsored session- Food and Nutrition Conference and Expo** of the American Dietetic Association. September 29- October 2, 2007- Philadelphia, PA.

**Assistance with reviewing Fact sheet on Mushrooms for American Dietetic Association**, September, 2007

**Food and Nutrition Conference and Expo** of the American Dietetic Association. September 16-19, 2006 -Honolulu, Hawaii.

**American Dietetic Association House of Delegates** Attended and participated in the meeting, April 29-30, 2006, Chicago, Illinois.

**Reviewer for American Dietetic Association Position Paper on Functional Foods.** March, 2006.

**American Dietetic Association Leadership Institute, St. Petersburg, FL.** Attended as Chair-Elect of the Vegetarian Nutrition DPG of the American Dietetic Association. Jan 13-16, 2005

**Food and Nutrition Conference and Expo** of the American Dietetic Association, St. Louis, Mo October 22-25, 2005.

**Food and Nutrition Conference and Expo** of the American Dietetic Association. Anaheim, CA October 2- 5, 2004.

**Asian Indians- Health and Nutrition Issues.** Education session presented on October 26<sup>th</sup>, 2003 at the FNCE (Food and Nutrition Conference and Expo), San Antonio, Texas.

**Food and Nutrition Conference and Expo**, Anaheim, CA 2002

**Food and Nutrition Conference and Expo**, St. Louis MO 2001.

**Updated version of the Ethnic and Regional Practice Series.** Reviewed the Client Education Materials for the Indian and Pakistani Booklet published by the American Dietetic Association Summer, 2003.

**Reviewer for Expiring ADA Position Paper** “Nutrition, Aging and the Continuum of Care” April 2002.

**Expert reviewer** for the Vegetarian Nutrition DPG project entitled “Minerals from Plant Food: Strategies for Maximizing Nutrition” August, 2001.

#### **DIETETICS EXPERIENCE:**

**Loretto Geriatric Center**, Dietetics Department, Internship, January 1984

**Borden Research Center, Syracuse** - Conducted M.S. thesis, Jan – Dec.1983

**K E M Hospital, Bombay, India** - Dietetic Counseling and Assessment, Jul. – Dec. 1980. Internship for Master’s Degree in Foods & Nutrition.

**Jawaharlal Institute of Medical Education and Research, Pondicherry, India.** Summer, 1978.

#### **RESEARCH AND PUBLICATIONS**

Rupal M. Patel, Ranjita Misra, **Sudha Raj**, and Ashok Balasubramanyam, “Effectiveness of a Group-Based Culturally Tailored Lifestyle Intervention Program on Changes in Risk Factors for Type 2 Diabetes among Asian Indians in the United States,” Journal of Diabetes Research, vol. 2017, Article ID 2751980, 13 pages, 2017. doi:10.1155/2017/2751980

Crystal L Wynn, **Sudha Raj**, Frances Tyus, Yvonne D Greer, Rita K Batheja, Zareena Rizwana, Rosa K Hand. Barriers and Facilitators to Dietetics Education Among Students of Diverse Backgrounds: Results of a Survey" Journal of the Academy of Nutrition and Dietetics. <http://dx.doi.org/10.1016/j.jand.2016.06.010>

Wang F, Chen W, Bruening KS, **Raj S**, Larsen DA. Nutrition Screening Tools and the Prediction of Clinical Outcomes among Chinese Hospitalized Gastrointestinal Disease Patients. PLoS One. 2016 Aug 4;11(8):e0159436. doi: 10.1371/journal.pone.0159436. eCollection 2016.

**Raj S.** Holistic Dimensions of the Science of Food and Nutrition. Invited Editorial *Annals of Ayurvedic Medicine (AAM)*. 2016; 5(1): 7-11

**Raj S.** Review of Wiley Andrea S. *Cultures of Milk: The Biology and Meaning of Dairy Products in the United States and India*. H-Asia, H-Net Reviews. May 2015. <https://www.h-net.org/reviews/showpdf.php?id=42213>.

**Raj S.** Integrating the science and art of using food as medicine. In Rastogi S (ed), *Ayurvedic Science of Food and Nutrition* (pp. 49–58). Springer, New York/Heidelberg/Dordrecht/London 2014

**Raj S.** Nutrition Transition Highlight box Mahan, LK et al: *Krause's Food and the Nutrition Care Process, 14th ed.*, 2014.

**Raj S.** Enhancing students' intercultural competence through short term study abroad experiences. – Creating the India experience. June 30, 2014 Society for Nutrition Education and Behavior

Misra R, Balagopal P and **Raj S.** “Are vegetarian Asian Indians at lower risk for Diabetes and Metabolic Syndrome than non-vegetarians Asian Indians? Poster Presentation at the American Public Health Association meeting in Boston, MA November, 2013

**Raj S.** The Ancient Wisdom of Ayurveda as a Complement to Modern Dietetics- Poster presented at the International Congress of Dietetic Associations, Sydney, Australia, September 7, 2012.

Pawlak R, Parrott JS, **Raj S**, Diana Cullum Dugan, Lucas D. Understanding Vitamin B 12. Published online before print June 20, 2012, doi: 10.1177/1559827612450688 *American Journal of Lifestyle Medicine* January/February 2013 vol. 7 no. 1 60-65

Pawlak R, Parrot JS, **Raj S**, Diana Cullum-Dugan, D. Lucus. How prevalent is vitamin B12 deficiency among vegetarians? *Nutrition Reviews*. Doi:10.1111/nure.12001. January 2, 2013.

Ford D, **Raj S**, Batheja RK, Debusk R, Grotto D, Noland D, Redmond E, Swift KM Standards of Practice and Standards of Professional Performance for Registered Dietitians (Competent, Proficient, and Expert) in Integrative and Functional Medicine. *J Am Diet Assoc*. 2011 Jun; 111(6):902-913.e1-23.

Thedford K, **Raj S**. A Vegetarian Diet for Weight Management. *J Am Diet Assoc*. 2011 Jun; 111(6):816-8.

**Raj S.** Contributing author in *Indian Foods: AAPI's Guide to Nutrition, Health and Diabetes*. 2<sup>nd</sup> ed. Allied Publishers Pvt. Ltd. May 2011.

**Raj S.** The Practice of Vegetarianism in the South Asian Sub-continent. *Vegetarian Nutrition Update* Volume xx No. 1. 2011.

**Raj S.** India (Southern Region): In Food, Cuisine and Cultural Competency for Culinary, Hospitality and Nutrition Professionals. Edited by Sari Edelstein PhD RD. Jones and Bartlett Publishers Sudbury, MA. 2011.

**Raj S** and Diana Cullum-Dugan. Vegetarians in the Library-Shhhhhh! A Nutrition Evidence Analysis Library Update. *Vegetarian Nutrition Update*. Vol. XIX Number 1, 2010.

Horacek T, Erdman M, Brann L, **Raj S**, Middlemiss M. Inter-professional Learning Community: Educating dietetic and other health profession students through an interdisciplinary, service learning experience. *Topics in Clin Nutr* Vol. 24. No. 1 pp.6-15; 2009.

**Raj S.** Obesity and the Vegetarian Diet. In: The Complete Vegetarian: the Essential Guide to Good Health. Edited by Peggy Carlson. Univ. of Illinois Press, Urbana, Chicago. 2008.

**Raj S.** Becoming Vegetarian Copyright, American Dietetic Association, 2007

**Raj S** and Mangels R. Vegetarian Diets in Prevention and Treatment of Chronic Disease in AAPI Convention Book. American Association of Physicians from India, April 2006.

**Raj S.** Cultural Food Practices- Asian Indian. ADA Nutrition Care Manual. 2004. Available at: [www.nutritioncaremanual.org](http://www.nutritioncaremanual.org).

**Raj S.** Contributing author, Inter-professional Learning Community. In: Building and Sustaining Learning Communities: The Syracuse University experience, Contributing author, Anker Publishing Co. Boston MA. 2004.

**Raj S.** Feeling Lost Upon Arrival in “Healthy You @ SU. Spring 2004. Vol.2 Issue 2.

**Raj S.** Contributing author. Indian Foods: AAPI’s Guide to Nutrition, Health and Diabetes. 2002. Published by The American Association of Physicians of Indian Origin. IL. ISBN- 81-7764-325-8.

**Raj S.** Contributing author Food Guide Pyramid for *the Ethnic and Regional Practice Series*- Indian and Pakistani Food Practices, Customs and Holidays Client education material, published by American Dietetic Association, Chicago, Ill. 2000.

**Raj S,** Ganganna P and Bowering J. Dietary Habits of Asian Indians in relation to the Length of residence in the United States. *Journal of the American Dietetic Association* Vol. 99, No. 9, 1106-1108, 1999

**Raj S** and C. M. Coughlin. Nutrition management of the vegetarian child with diabetes *On the Cutting Edge – Diabetes Care and Education*. Vol. 18 No. 4, Summer, 1997.  
*Reprinted in Vegetarian Nutrition: an International Journal*. Vol. 2 No 1. 1998.  
*Reprinted in Issues in Vegetarian Dietetic* Vol. VIII, number 2, Winter 1999

**Raj S.** Weight Management: Lifestyle modifications for the Vegetarian. *On the Cutting Edge – Diabetes Care and Education*. Vol. 18. No. 4. Summer, 1997.

**Raj S.** Contributing author. *Ethnic and Regional Food Practice Series – Indian and Pakistani Food Practices, Customs and Holidays*, co-authored book published by American Dietetic Association, Chicago, Ill., 1996.

**Raj S** and K L Clancy. Attitudes of Processors and Distributors towards Processing in the Natural Foods Industry. *Biological Agriculture and Horticulture*, Vol. 12, 1995.

**Raj S** and K L Clancy. Development of standards for natural foods. *Cereals Foods World*. Vol. 37, No. 4, April, 1992.

**Thesis Advisor:**

**In progress:**

*Master's degree student advisor:* "D" Constructing the Knowledge, Attitudes, and Practice of vitamin D among health care practitioners. Kathleen Bump.

*Master's degree student advisor-* Attitude of parents towards beverage consumption patterns in 4-5 year old Taiwanese children. Chih Wen Chien, June, 2014 (Defended but not submitted)

**Completed:**

*Master's thesis committee member:* Does Dietary Melatonin Play a Role in Bone Mineralization? Martha Wassebauer. June, 2017.

*Master's thesis committee member:* Intuitive eating practices and attitudes of registered dietitian nutritionists. Marlei Simon. June, 2017.

*Master's thesis committee member:* Thrifty Food Plan. Laura Brown. Proposal defense- December, 2016

*PhD degree committee advisor:* Effectiveness of a group based culturally tailored lifestyle intervention program on changes in risk factors for Type 2 Diabetes Mellitus among Asian Indians living in the United States. R. Patel. Rocky Mountain University of Health Professions.

*Renee Crown Honors Capstone Project advisor:* Factors affecting health and well-being across cultures. Kaan Karahan May 2016

*Renee Crown Honors Capstone Project advisor:* Native American Diets and the effects of colonization. Elizabeth Daly May 2016

*Master's thesis committee member:* The Dissemination of Local Food Rhetoric via Restaurant Wait Staff: A Pilot Study. Laura Rose Dragon May 2016.

*Master's thesis committee member:* The Effect of Stress on Undergraduate College Students in Relation to Eating Out Behaviors and Weight Status. Shannon Nicholas May 2016.

*Master's degree student advisor:* Consumer Knowledge and Behaviors surrounding a Gluten-Free Diet. Sara Quinteros-Fernandez , May, 2015

*Renee Crown Honors Capstone Project advisor:* Investigating acculturative changes in Turkish students. Brittany Peterson, May, 2015

*Renee Crown Honors Capstone Project advisor:* Vegetarian Practices and Mindfulness. Miho Hatanaka. May, 2015

*Master's degree student advisor-* Comparing vegan and vegetarian attitudes, beliefs and perceptions with risk for disordered eating behaviors. Chaya Charles. May, 2014

*Master's thesis committee member:* Nutrition screening tools and the prediction of clinical outcomes in hospitalized gastro intestinal disease patients. Fang Wang, May, 2014

*Master's thesis committee member:* Development, implementation and validation of the health density vending machine audit tool (HDVMAT) Melissa Matthews, May 2014

*Master's degree student advisor-* Integrative and Functional Nutrition practices among registered dietitians belonging to the Dietitians in Integrative and Functional Medicine Practice Group. Dana Kohut, April, 2014

*Master's degree student advisor-* Specific yoga practices and mindful eating habits among new and experienced yoga practitioners. Shauna Keeler, April, 2014

*Master's degree student advisor-* Effect of serum 25 Hydroxyvitamin D levels on 8-hydroxy-2-deoxyguanosine levels in adults aged 18-50 years of age: Thyra Bartlett May, 2013.

*Master's thesis committee member* Understanding Infant Feeding Practices among Chinese mothers in New York City: Adele Lee, June 2013.

*Master's thesis committee member* Determining the motivation of childcare providers to implement instructional gardens as a means of increasing fruit and vegetable consumption among children ages 2 to 5: Kristen L. Davis, June 2013.

*Master's student Poster Presentation:-*A comparison of Traditional beliefs, practices and health seeking behaviors that influence dietary practices during pregnancy of South Asian Indian women in India and the United States. M. Satyamurthy. Annual Food and Nutrition Conference and Expo, Philadelphia, October 7, 2012.

*Master's degree student advisor-* Dietary habits and practices of South Asian female students in the United States. Jaapna D. May, 2012.



*Master's degree student advisor-* A comparison of traditional beliefs, practices and health seeking behaviors that influence dietary practices during pregnancy of South Asian Indian women in India and the U.S. M. Satyamurthy. May 2012.

*Capstone Project Reader for Renee Crown University Honors Program-* The Liminality of Zimmedari and its consequences on the Water Quality and Health of Meena Communities in Rajasthan. –Firdaus Arastu, May 2012.

*Master's thesis committee member-* Nutrient quality of children's meals and nutrition environment at fast food restaurants in Onondaga County. Cindy Chan Phillips, July 2011.

*Master's degree student advisor-* Consumer Attitudes and Behaviors Regarding Processed Organic Foods. Allison Colson, May, 2010

*Master's degree student advisor-* Ethnographic study on the Somali Bantu refugees resettled in Central New York- Dina Lawson (TBD).

*Independent Study-* Mobile Farmers' Markets and their influence on health and nutrition of inner city residents- Loneke Blackman Spring, 2009

*Master's thesis committee member-* Process Evaluation of project Web Health: C. Boyle August, 2009.

*Master's thesis committee member-* An Assessment of the Eating and Food Environment of College Students: M Erdman June, 2009

*Master's thesis committee member -*The effect of a supper meal on diet quality of at risk age school children. Mary Lou Plante. January, 2009.

*Master's degree student thesis advisor-* "Influence of Spirituality/Religiosity on Dietary Behaviors among Asian Indians" May, 2004

*Master's student poster presentation-*"Food Consumption Practices of Asian Indian Graduate Students" E. Markel. Poster Presentation at the Food and Nutrition Conference, Philadelphia, October 20, 2002.

*Master's degree student thesis committee member:* Reproductive health and communication among economically disadvantages women in Southern India: A case study applying the Health Belief Model. May, 2001

#### **Webinar Presentations:**

**"Let food be thy medicine"** - Presented to Education in Nutrition. Melbourne, Australia. May 8, 2014

**“Integrative and Functional Nutrition and Let Food be thy medicine”- Two part webinar series.** Presented to Long Island Dietetic Association. January 23 and February 6, 2014.

**“Can the Ancient wisdom of Ayurveda complement modern dietetics?”** Presented to DIFM DPG June 11, 2013.

**“Ayurveda as a complement to modern dietetics”** Presented to Education in Nutrition. Melbourne, Australia. May 1, 2013

#### **Invited Presentations:**

**“Follow your Gut-how can food maintain a healthy inner ecosystem?”**

-Presented at International Conference on “Diet and healthy lifestyle in the Prevention and Control of Non-communicable Diseases”. Womens Christian College, Chennai, India. June 26, 2015.

**“Let Food be thy Medicine”**

-Presented at M.S. University Department of Food and Nutrition, Baroda, India June 30, 2014;

-Presented at Nutrition Society of India, Chennai, July 17, 2014.

**“Integrative and Functional Nutrition Workshop for Registered Dietitians.**

Presented to Sodexo, St. Camillus, Syracuse, NY November 4, 2013.

**“Integrative Nutrition for Medical Professionals,** Presented at Joslin Diabetes Center, March 28, 2013

**“Integrating the science and art of healing with foods”** Presented at the National Conference on “An integrated approach to healing with foods”. Women’s Christian College, Chennai. India. Sponsored by Nestle Nutrition Institute. August 31, 2012

**“Ayurveda as a complement to modern dietetics”** Presented at Justice Basheer Ahmed Sayeed College for Women. Chennai, India, August 30, 2012

**“Ayurveda as a complement to modern dietetics”** Presented at Ethiraj College for Women, Chennai, India. August 30, 2012.

**“Integrative and Functional Medicine and Nutrition”** Presented at Lady Irwin College for Women, New Delhi, August 24, 2012.

**“Integrative and Functional Nutrition Workshop for RDs.** Presented at Central New York Dietetic Association. April 27, 2012

**“Cross-Cultural Coaching- Open your Cultural Mind”** Presented at Women’s Christian College, Chennai, India. January 11, 2011.

**“Cross-Cultural Coaching- Open your Cultural Mind”** Presented at the Central New York Dietetic Association, Syracuse N.Y. December 1, 2010.

**“Cross Cultural Coaching- Bridging the Cultural Gap”** Presented at the Culture symposium at the Food & Nutrition Conference and Expo, Boston. November 9, 2010.

**“Community, Culture & Food- A South Asian Perspective”- Food for Thought Workshop.** The Mario Einaudi Center for International Studies, Cornell University June 28, 2010.

**“Cultural Perspectives on Body Image- Help Yourself “**Presented at BRIDGES –Body Related Issues Discussion Groups, Education and Support. March 27<sup>th</sup>, 2010.

**“Organic-What’s in a name”** Feb. 14, 2009 NYS Farmer’s Direct Marketing Association, Waterloo, NY

**Nutrition Transition-** Presented to Indian Dietetic Association in M.O.P. Vaishnava College, Chennai, July 11, 2008.

**Good Nutrition and Healthy Eating for Women** – Presented for staff in the Department of Psychology, Syracuse University. March 20, 2008

**Nutrition presentation** for international students during International Education Week. November 15, 2007 at the Slutzker Center for International Services.

**Phytochemicals as Anti-inflammatory Agents-** Mohawk Regional Dietetic Association, Rome, NY October 18, 2007

**Zesty Plant Based Diets- An Asian Perspective.** NY State Dietetic Association Syracuse NY. May 5, 2007

**Vegetarianism- A South Asian Perspective.** Hawaii Vegetarian Nutrition and Plant-Based Diet Conference Kailua, Hawaii. September 15, 2006.

**Community, Culture, Food in South Asia.** Le Moyne College, March 3, 2005.

Represented **New York State Coalition for Healthy School Lunches** at the School Health Update Event for School Nurses. Sponsored by NY Statewide School Health Services Center and Student Support Services Team of the NYS Education Department. March 10, 2005.

**Food and Religion in Asia.** In NHM 400. Role of Food in History, September 20, 2005

**Prostate Cancer, Nutrition and Phytochemicals,** American Cancer Society, “Man to Man”- Prostate Cancer Group E. Syracuse, NY, October 27, 2005.

**Healthy Eating with Plant-based foods** American Cancer Society Staff Development, American Cancer Society, E. Syracuse, NY, November 15, 2005

**Presenter – Healthy Eating for the Holidays** at the NY State United Teachers Retiree Conference on Health and Wellness, November 10, 2003.

**Food consumption practices of Asian Indian graduate students in the U.S.** Poster presentation with E. Markel FNCE (Food & Nutrition Conference and Expo) Philadelphia, October, 2002.

**The frequency of consumption of foods by Asian Indians settled in the U. S. Annual ADA National meeting in Boston - The International Perspective- The India Connection,** October 29, 1997.

**Vegetarian Food Practices and Multicultural Nutrition Counseling** for Clinical Dietetics' students at Syracuse University, Fall, 1997.

**Dietary practices of Asian Indians and Pakistanis.** Presented at the Central New York Dietetic Association Meeting. June 6, 1996

**Aspects of Vegetarianism.** Presented for SYSCO as part of their Continuing Education Seminar Series. May 20, 1999.

**Multicultural Nutrition.** Presented for SYSCO as part of their Continuing Education Seminar Series. September 13, 2000.

**Soy Foods- Facts and Suggestions.** Presented for Central New York Dietetic Association January 9, 2001

**Pesticides in the food supply.** Presented for the Central New York Model United Nations Conference for High School Students held at Syracuse University January 6-7, 2001.

**Multicultural Nutrition.** Presented for Mohawk Valley Regional Dietetic Association at SUNY Morrisville, March 30, 2001.

**Healthy Eating and Good Nutrition.** Presented at the International Student Orientation Seminar at Syracuse University. Spring & Fall 2001

**Multicultural Nutrition.** Presented for the Central New York Dietetic Association, Syracuse, November 5, 2001.

**Introduction to South Asian Cuisines.** Taught a non-credit course for SU Humanistic Studies Program with B. Beran. March 9, 2002.

## **SERVICE**

**Co-author** – SOP/SOPPs for Dietitians in Integrative and Functional Medicine Scheduled for 2018.

**Member-** Bharati Memorial scholarships. South Asia center, Syracuse University, 2016

**Member** –DIFM (Dietitians in Integrative Medicine) Curriculum development workgroup. 2015.

**Reviewer** for the Academy of Nutrition and Dietetics Position paper on Functional Foods December, 2014.

**Fulbright Fellowship Reader** at Syracuse University, 2014.

**Reviewer** for Nutrients in 2014

**Reviewer** for Renewable Agriculture and Food Systems in 2014

**Reviewer** for Diabetes care and Education Practice Group newsletter in 2014

**Reviewer** for two chapters in Krause's Food and Nutrition Care Process in 2014

**Reviewer** for Journal of Nutrition Education and Behavior in 2014

**Reviewer** for Patient Education and Counseling in 2014

**Committee member for** The Foreign Language and Area Studies Fellowship (FLAS) Program scholarships- For Summer and Yearlong. Spring 2014

**Committee member** –drafting proposal for Member Interest Group for Asian Indians in the Academy of Nutrition and Dietetics. Recognized as a Member interest group in January 2014.

**Committee member** for Faculty position in Food Studies, 2013.

**Committee member** for Faculty position in Nutrition. 2013.

**Committee member** for Bharati Memorial Awards, South Asia Center, Syracuse University. Spring 2013, Spring 2014, Spring 2015

**Faculty advisor**- SPICMACAY (Society for Promotion of Indian Culture among Youth) Student organization on SU Campus.

**Committee member** for PhD candidate in Interdisciplinary PhD program in Health Promotion and Wellness at Rocky Mountain University for Health Professions (RMUoHP) in Provo, UT. Started Fall, 2013

**Co-organizer** for South Asia conference on Food, Health and Agriculture held March 29-30, 2012 at Syracuse University.  
<http://www.maxwell.syr.edu/southasiafoodconference/>

**Committee member** for Faculty position in Food Studies, 2012.

**Reviewer** for Position Paper on Vegetarian Diets, December. 2011.

**Reviewer** –Position of the American Dietetic Association: Functional Foods. December 2010

**Reviewer** –Position of the American Dietetic Association: Agricultural and Food Biotechnology. April, 2009

**Reviewer-** Organic Foods: Are They a Safer, Healthier Alternative? For Nutrition and Complementary Care Newsletter, vol. 11 Issue 2, Fall 2008.

**Reviewer-** Chapter on Energy Metabolism for “Nutritional Sciences: From Fundamentals to Food” by McGuire and Beerman –Thomson/Wadsworth, 2008

**Assistance in reviewing** Kittler/Sucher’s Food and Culture 4<sup>th</sup> edition- Thomson Wadsworth, September 28, 2006

**Provided content on Vegetarian nutrition for “Health Power for Minorities”-** Web site for the Asian Pacific-American Heritage Month, May 2006.

<http://www.healthpowerforminorities.org/foodFitness/vegetarian.cfm>

**Provided content on Asian Indian health and nutrition for “Health Power for Minorities”-** Web site for Asian Pacific-American Heritage Month, May 2005.

<http://www.healthpowerforminorities.org/foodFitness/AsianFoodPractices.cfm>

Represented **New York State Coalition for Healthy School Lunches** at the School Health Update Event for School Nurses. Sponsored by NY Statewide School Health Services Center and Student Support Services Team of the NYS Education Department. March 10, 2005.

**Reviewer-** Comparative review for Wadsworth Publishing Company December, 2001.

**Submitted proposal** to the National Cancer Institute Cancer Education Grants Program

Titled “Cooking against Cancer: The Cooking for Pleasure Practice Group”, in collaboration with Rutgers University and Cornell University. (Not funded).

**Faculty Member- Inter-Professional Learning Community** in the College for Human Services and Health Professions.

**Committee Member-** Inter-professional Education through a Global Health Initiative funded by the College for Human Services and Health Professions Inter- Professional Development Fund, 2002.

**Health and Wellness-** An Orientation Program for International Graduate Students. Project Coordinator. 2002-2004.

**Assisted Students in an Industrial Design Course IND 371** offered through School of Visual and Performing Arts on the development of a cultural artifact related to the area of food preparation. Fall, 2000.

**Yearly presentation** on Cultural Arts of India for High School students through the South Asia Center at Syracuse University.

## **PROFESSIONAL DEVELOPMENT:**

## **Webinars and Meetings:**

Integrative Healthcare Symposium- February 2015, 2016

Completed 6 month training in Integrative and Functional Medical Nutrition Therapy training  
June – December, 2014  
October 2013-April, 2014.

Integrative Health Care Symposium- February 2014.

Illuminating the Energy Spectrum: The Institute of Functional Medicine's Annual Conference  
Dallas, May 29-June 1, 2013.

Integrative Healthcare Symposium, February 28-March 2, 2013.

Allergies and Intolerances: Navigating the Nutritional Terrain, November 2012

Confronting Cardio-metabolic Syndrome, Pre conference DIFM Workshop, October, 6, 2012

Emotional Brain Training, July 26, 2012

Food for Your Whole Life Symposium, June, 2012

Summer Institute for Technology-Enhanced Teaching and Learning at Syracuse University,  
Summer, 2012

Possible Effects of Persistent Organic Pollutants in Weight Loss February, 24, 2012

Nutritional Genomics, January 25, 2012

Nutritional Triage: Unifying Aging Theories creating potent health solutions. November 3, 2011

Nutritional Genomics: The Future of Nutrition Practice, Institute of Functional Medicine,  
September 22, 2010.

Integrating Functional Nutrition into your practice.–Institute of Functional Medicine. October 12,  
2010

Cognitive Function throughout the Lifecycle: The role of critical nutrients and functional foods  
essential for brain health and development. Nov. 6, Pre-FNCE, 2010

Food and Nutrition Conference & Expo Boston, MA. November 6-9, 2010.

Functional Nutrition workshop – Institute of Functional Medicine Hollywood Fl. December 9-  
12. 2010.

Depression, Heart Disease & Stroke. May 2009

Functional Nutrition Therapy for Type II Diabetes September 29, 2009

[A Functional Nutrition Therapy Approach for Food Intolerances and Allergies. September, 2009](#)

Atherosclerosis, Functional Foods & Nutritional Genomics. October 2009

Nutrient Rich Foods Coalition's "Achieve Better Health with Nutrient Rich Foods. October, 2009

Walnuts: A whole food with whole body benefits. California Walnut Commission, October, 2009

Healthy Land, Healthy Food, Healthy Eaters: Cultivating Sustainable Food Systems, October 13, 2009

A Functional Nutrition Therapy Approach for Fibromyalgia and Other Pain and Fatigue Syndromes, November 10, 2009

Clinical Management Program, Insulin Resistance, Metabolic Syndrome and Diabetes. IFM Series Fall, 2009

Pathophysiology and Practical Assessment of Insulin Resistance and Hyper-insulinemia October-November, 2009

Treating the Underlying Issues around Metabolic Syndrome and Type 2 Diabetes  
Managing Common Clinical Conundrums in Metabolic Syndrome and Diabetes

Advances in Women's Health: Hormones, Heart health & the Brain. December, 2009

#### **Attended Workshops:**

**Annual Food and Nutrition Conference and Expo**, Boston, MA October 14-18, 2016.

**International Conference on "Diet and Healthy Lifestyle in the Prevention and Control of Non-Communicable Diseases"**. Women's Christian College, Chennai, India, June 26-27, 2015.

**Annual Food and Nutrition Conference and Expo**, Atlanta GA October 18-21, 2014

**International Congress of Dietetics Associations**, Sydney, Australia, September 5-8, 2012.

**Annual Food and Nutrition Conference and Expo**, Philadelphia, PA, October 6-9, 2012

**Integrative Healthcare Symposium**, New York, NY February 9-11, 2012

**Applying Functional Medicine in Clinical Practice-** Institute of Functional Medicine, Baltimore MD Sept 12-16, 2011

**Functional Nutrition workshop** – Institute of Functional Medicine Hollywood Fl. Dec. 9-12, 2010.



**Food as Medicine** November 18-22, 2009 Miami, FL.

**Functional Medicine for the Registered Dietitian: A New Paradigm in Chronic Disease Management.** Webinar May 13, 2008

**Inflammation-The Silent Killer** MED 2000. Ithaca, NY May, 2006

**The Emerging Epidemic of Bone and Joint Disease** MED 2000. Syracuse NY March, 2005

**A Picture is worth 1000 words**-Digital Video Enhanced Lectures and Presentations, September, 29, 2005 Syracuse University.

**Project Big Chalk** Syracuse University May, 2003- June 2004.

**Central New York Dietetic Association** on “Phytochemicals: Why we need our fruits and vegetables” June 2, 2004.

**Institute for Natural Resources** “The Aging Brain/The Rejuvenated Brain” July 22, 2004.

**Dietetics Update**, New England Center for Nutrition Education, Rochester, NY, September 30, 2003.

**Food Bank of Central New York**, 15<sup>th</sup> Annual Client Conference and Member Program Appreciation Day, Syracuse NY, September 29<sup>th</sup>, 2003.

**Northeast Organic Farming Association of New York’s 19<sup>th</sup> Annual Conference - “Real Food, Farms, and Markets-Defining Sustainable Agriculture for the 21<sup>st</sup> century”** January 12-14, 2001.

**Problem based Learning and Teaching Critical Thinking**, College for Human Development Retreat, December 1999.

**Sensory Delights: An experience in taste and smell-** Central New York Dietetic Association, Nov 6, 2000.

**The Healthy Heart-** Medline Inc. June 5, 2000.

**Problems with Learning Groups: An ounce of prevention-** College for Human Development Retreat, May 10, 2000.

**Symposium on Biotechnology and Food-** Cornell Co-operative Extension, June, 2000.

**Herbs, Vitamins and Nutraceuticals** – Institute for Natural Resources. April 9, 1999.

**Sleep, Diet and the Brain-** Institute for Natural Resources. September, 1997.

**Breast Cancer: Beating the Odds** – Institute for Natural Resources. September, 1995.

## GRANTS AND AWARDS

**Recipient of 2015-2016 Falk College Seed Grant with Kamala Ramadoss (CFS)** entitled “Acculturation, Work-Family Interface, Dietary Patterns and Health among South Asian Immigrants.”

**Recipient of the 2013-2014 Dietitians in Integrative and Functional Medicine (DIFM-DPG) “Excellence in Practice” Award.**

**Recipient of the 2013-2014 Vegetarian Nutrition (VN DPG) “Excellence in Service” Award.**

**Developing Health Promotion and Disease Prevention Educational Initiatives and Community Wellness Programs.** Submitted to *Obama-Singh 21st century Knowledge Initiative Submitted to the U.S. Educational Foundation* (Submitted November 1, 2013) Amount: \$250,000.

S. Raj, T. Horacek, Cecilia Van Hollen, and faculty from Women’s Christian College in Chennai and Lady Irwin College, New Delhi, India.

**Syracuse University-Summer grant** through University College for New course development, \$ 20,000. January, 2013.

**Faculty of the Year award** from College of Human Ecology, 2011

**Syracuse University Healthy IM Campus Project, February, 2006** for developing a nutrition Web site for international students.

**Syracuse University Vision Fund 2003**, received with faculty in the Inter-Professional Learning Community for developing, supporting and sustaining a group of student leaders.

**Syracuse University Vision Fund 2002**, received with Prof. Anne Gosling, Mitchell Gartenberg and Patricia Burak. for developing a comprehensive pilot program -”Health and Wellness-An Orientation Program for International Graduate Students on the Syracuse University Campus”.

**Chancellor’s Feinstone Grant for Multicultural Initiatives for the development of three courses December, 2000:** World Cuisines, Food, Culture and Environment and Multicultural Cuisine Catering, received with Prof. Bradley Beran.

## PROFESSIONAL MEMBERSHIP

Fellow of the Academy of Nutrition and Dietetics

Registered Dietitian of the Academy of Nutrition and Dietetics

Member, Institute of Functional Medicine