



Nutrition: From Science to You (2nd Edition)

By Joan Salge Blake, Kathy D. Munoz, Stella Volpe

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Nutrition: From Science to You, Second Edition provides the tools you need to understand the science of nutrition and successfully apply it in your personal life and future career.

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Editorial Review

About the Author

Joan Salge Blake, MS, RD, LDN, Boston University

Joan Salge Blake is a clinical associate professor and dietetics internship director at Boston University's Sargent College of Health and Rehabilitation Sciences. She teaches both graduate and undergraduate nutrition courses and has been a guest lecturer at both the BU Goldman School of Dental Medicine and BU School of Medicine. In 2011, she was nominated by the university for the U.S. Professor of the Year Award and previously, received the university's prestigious Whitney Powers Excellence in Teaching Award. Joan completed her MS from BU and is currently working toward her doctorate in educational media and technology at Boston University.

Joan is a member of the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) and the Massachusetts Dietetic Association (MDA). She has been a presenter and Presiding Officer at both the ADA Annual Meeting and MDA Annual Convention. She is a past recipient of the Massachusetts Dietetic Association's Recognized Young Dietitian of the Year Award and was named the Academy's 2007 Outstanding Dietetic Educator. In 2009, she was honored as an Academy Outstanding Dietitian. She has served on the MDA board for close to a decade in many roles, including past MDA director of education and nominating committee chairperson. Joan is also an Academy of Nutrition and Dietetics National Media Spokesperson, responsible for representing the Academy in the media and promoting its initiatives. She conducts over 100 media interviews annually, and her nutrition segments can be seen regularly on Fox25 television in Boston. In addition to teaching and writing, Joan has a private practice specializing in weight management and lifestyle changes.

Kathy D. Munoz, EdD, RD, Humboldt State University

Kathy D. Munoz is a professor emerita and professor of nutrition in the Department of Kinesiology and Recreation Administration at Humboldt State University. She teaches undergraduate introductory nutrition, exercise nutrition, and weight management courses, and teaching preparation in higher education course in the Department of Education. She received her EdD from the University of Southern California in curriculum design and an MS in Foods and Nutrition with a minor in exercise physiology from Oregon State University.

Kathy is a member of the Academy of Nutrition and Dietetics and the California Dietetic Association. Her professional memberships include Dietitians in Integrative and Functional Medicine (DIFM), Sports, Cardiovascular, and Wellness Nutrition (SCAN), and Weight Management (WM). She has published articles in *Research Quarterly for Exercise and Sport*, *Children's Health Care*, *Journal of Nutrition Education*, and the *International Journal of Sport Nutrition and Exercise*, and has co-authored a series of curriculum guides for elementary teachers. Kathy has also been recognized for her research in, and development of, asynchronous learning.

Stella L. Volpe, PhD, RD, LDN, Drexel University

Stella is the Chair of the Nutrition Department at Drexel University. She is a nutritionist and exercise physiologist whose research is on obesity prevention, body composition, bone mineral density, and mineral metabolism and exercise. Stella's current research revolves around the effects of the environment on obesity—both how the environment can be changed to prevent obesity, and how the environment has

resulted in a more obese nation and world.

Stella is a Fellow of the American College of Sports Medicine. She is also a member of a number of scientific organizations: the American College of Nutrition, the American Society for Nutritional Sciences, the American Society of Clinical Nutrition, the American Dietetic Association, Community-Campus Partnerships for Health, and Sigma Xi. She has also been inducted into Delta Omega (Rho Chapter) National Public Health Honor Society and Gamma Beta Phi Honor and Service Organization.

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