

JOANNE R. LUPTON, Ph.D., is a Regent's Professor and University Faculty Fellow at Texas A&M University and holder of the William W. Allen Endowed Chair in Human Nutrition. She is the current President of the American Society for Nutrition (ASN). Dr. Lupton is an expert on carbohydrates and their relationship to human health. In particular she can speak to dietary fiber (sources, physiological effects, definitions, labeling issues), whole grains, carbohydrate requirements, "added sugars", discretionary calories, glycemic index and load, individual sugars, e.g. fructose, low carbohydrates and carbohydrate metabolism. She chaired the Macronutrients Panel for the Dietary Reference Intakes, Food and Nutrition Board, National Academy of Sciences, which set the intake recommendations for energy, carbohydrates, dietary fiber, fat, and protein and also chaired the National Academy panel to determine the definition of dietary fiber. She chaired the carbohydrates subcommittee for the 2005 Dietary Guidelines Committee. Her research is on the effect of diet on the gastrointestinal tract particularly dietary fiber and fat and their effect on colon cancer. In addition to her research on diet and colon cancer she has a strong interest and focus on nutrition policy. She spent a year at the Food and Drug Administration helping to develop their evidence based criteria for health claims and teaches a class on evidence-based reviews. She can address questions on labeling, nutrient profiling, health claims, nutrient content claims, etc. She currently serves on a Keystone advisory committee that focuses on nutrient profiling to identify "better for you" type products. Her PhD in Nutrition is from the University of California at Davis.