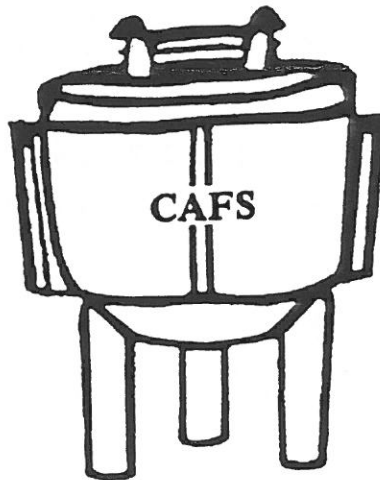




華 美 食 品 學 會
CHINESE AMERICAN FOOD SOCIETY



NEWSLETTER

JUNE 1993

華美食品學會簡介

華美食品學會自從一九七五年在美國食品科技年會成立以來已成為一個頗具規模及成果的華人食品科技團體。

華美食品學會是一個設立於北美洲，非營利及無黨派的學術科技組織。它的宗旨是藉華人在食品工業研究，操作及經理的經驗及成果來協助海內外華人食品科技的發展及延昇；並鼓勵會員彼此在科技及學術上的交流。

華美食品學會在歷年會長，幹事及會員辛勤耕耘之下，正在加速成長。目前在美國、加拿大及東南亞有近三百會員，遍佈各大小食品公司、大學及政府研究機構。每年年會中都有上百會員及來賓參加學會舉辦的學術及社交活動。

因著這樣的成長，學會正努力於對內加強組織及會員服務；對外則擴展各地食品科技交流。

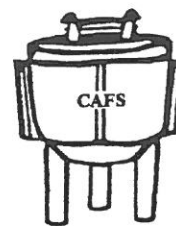
本會希望和從事有關食品事業的人士聯絡，並歡迎加入陣容以便共同協力為會友及同胞提供服務，並提高華人在食品工業及學術上的形象及影響力。

What is CAFS

The Chinese American Food Society (CAFS) was founded in 1975 by a group of Chinese professionals residing in North America. CAFS now has more than 300 members, engaging in various aspects of endeavor in food science and technology, and working in universities, industries, business or governmental agencies. There is a high spirit of cooperation and genuine friendship among its members. As an old Chinese idiom indicated, strength and power can only be generated through cooperation. With your participation and support, CAFS can even grow better and further.

華美食品學會
CHINESE AMERICAN FOOD SOCIETY

CAFS



June 1993

Volume 15, No. 4

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A Message from the President

Dr. Sam Chang

Budget cutting and institutional reorganizing have been going seriously in many universities and government agencies. I sincerely hope that our members are not being affected. I am pleased many of our members are doing very well in their respective positions in this difficult time. Special congratulations to Dr. Joseph Jen, the new dean of the college of Agriculture at the Cal. Polytech. University-San Luis Obispo. His outstanding achievement in administrative ranks is a perfect role model for many of us serving in the universities. Dr. Jen has written a new page in the history of the U.S. agricultural education for the Asian Americans. We are very proud of Dr. Jen and wish him a successful and wonderful venture in his new job.

Also special congratulations to Dr. Stephen S. Chang for the great honor he has received from the Institute of Food Technologists and the American Oil Chemists Society to establish awards in his name.

We are very proud of Dr. Chang's achievements. The annual CAFS meeting will be held on July 12 (Monday) in conjunction with the annual IFT meeting in Chicago. The executive member meeting will take place from 1:30 to 2:30 pm in Meeting Room 5 of the convention Center, followed by a special forum program for students from 2:30 to 4:30 pm. The evening banquet program will be at the Sixty-five Restaurant (2414 S. Wentworth Ave., Chicago). The key-note speaker will be Dr. Al Clausi, President-elect of the IFT. I hope you will plan to attend the afternoon program and the evening program. Please make your reservations for the dinner early.

On Wednesday afternoon, a forum will be sponsored by CAFS to address the health benefits of selected Chinese foods. There are many Chinese foods with health improvements implications. However, the scientific evidence of the health implications of Chinese foods needs to be explored further. This meeting will be a great opportunity for us to learn. We have invited renowned scientists including Dr. W. C. Chiang of the National



Taiwan University, Dr. Steve C. Chen of the American Soybean Association, Dr. R. I. Chen of the Nutritional Co., Dr. C. T. Ho of the Rutgers University and Dr. J. A. Wei of the Elan Pharm. Co. to present their research findings. Special thanks to Dr. Grace Lo for her arrangement of the evening program, to Dr. Yaowen Huang for organizing the Wednesday afternoon forum, and to Dr. Romeo Leu for his effort to put together a special program for the students. Each year we screen to identify members and students with exceptional achievements. This year we are very fortunate to have Dr. Cathy Ang who has done a wonderful job to chair the award committee. In the annual evening program we will take a special moment to recognize the award recipients. I also wish to thank all members who participate in all CAFS committee service. Dr. Yaowen Huang has put together a monograph titled "Traditional Chinese Food with Advanced Technology" for the two forums held in the annual meetings in 1990 and 1991. This monograph contains valuable information in several important aspects of Chinese food production. Thanks to Dr. Huang for your good work. The monograph is available at \$10 per copy. I would like to thank Dr. Wai-Kit Nip for the great job done on the Membership Directory, and Dr. Ada Chen and Mr. Ronnie Yuan for their endless

efforts for the newsletters. Finally, I would like to urge you to pay your membership due for the year of 1992-1993. The membership due is the major income of the society. Thank you very much for your interest in CAFS. I am looking forward to seeing you in our annual meeting in Chicago. And I wish you a great summer.



CAFS People

Tony J. Fang (方繼)

- is an associate professor in Food Science, National Chung Hsing University, and Microbiology, Chung Shan Medical & Dental College.
- is the supervisor of the Alumni Association of Food Science, Chung Hsing University.
- wife, Huei-Yann Jeng, is an associate professor in Agricultural Economics, National Chung Hsing University.
- has a son, Alan.
- member of American Society of Microbiology, IFT, CAFS and various societies in Taiwan.
- music, reading, and gardening are Tony's past-time.

Congratulations....

• to Dr. Joseph Jen for his new position as the Dean of College of Agriculture, Cal. Polytech.-San Luis Obispo.

• to Dr. Sam Chang for receiving the Excellence in Research award from the College of Agriculture, NDSU. The following is an excerpt from agstaff, NDSU College of Agriculture's newsletter, about Dr. Chang's research program: "*.....Chang conducts quality evaluations of cultivars developed through the dry edible bean breeding program. His efforts have helped breeders release cultivars with good canning properties. He also has worked with a local company to improve the quality of soybeans for use in tofu and recently obtained major funding to study pectin derived from sunflower head residues. Commercially available sunflower pectin would be a significant value-added use for an important North Dakota crop and would provide a domestic replacement for a product that is mostly imported. His research on dehydrated vegetables has focused on carrots, and he has worked with a vegetable processor to develop a dehydration operation....*" Dr. Chang has received more than \$800,000 in research grants since he joined NDSU.

• to Ronnie Yuan for receiving a \$2,000 graduate fellowship ('93-'94) from American Association of Cereal Chemists.



To: All CAFS members
 From: Wai-Kit Nip
 Membership Directory Coordinator
 Subject: Changes in members' addresses

The following member have changed their mailing addresses and phone numbers:

Audrey C. Z. Chang 300 S. Goodwin #501, Urbana, IL 61801 Tel: 217-332-5788 (H)
 Victor Huang 330 University Ave. SE, Minneapolis, MN 55414
 Yen-Con Hung 164 Southridge Dr. Griffin, GA 30223
 Christopher C. Lai 3232 Bryn Mawr Dr., Portage, MI 49008
 Hozong Robert Lin 18 Allison Ct., Edison NJ 08820
 Tel: 908-627-8537 (O) 908-561-1875 (H) 908-627-8685 (F)
 Y. H. Peggy Hsieh 833 Choctaw Ave., Auburn, AL 36830
 Jimbin Mai 8th Fl. Mui Plaza, Box 23, Kuala Lumpur, Malaysia Tel: 603-244-5730 (O) Protein Tech. Int'l.

New member:

Chung Wan Joan Yau (S) 756 Leith OGG East, 716 W. Dayton St., Madison, WI 53706-1799
 Tel: 608-264-3928 (H) Univ. of Wisconsin

The following members have moved without informing CAFS about their new addresses:

Jau-Shone Chang Jiann-Yuh Chen Zhenyu Chen Chao-Feng Chu Ju-Tzu Chuang
 Danny Dunn Chen-Ching Foun Chen-Huei Huang C. J. Huang Jin-Jin Huang P. J. Ke
 Shu-Mei Lai Ming Yee Lee Ruey-Chin Li-Zen Liu Ming-Bang Liu Tong Wei Lu
 Huoy Jiun Jean Peng Wei-Ling Song Wen-Hsu Amos Wang Xiaoyong Yan Chi-Chin Yang
 Jia-Chyi Yau

I've incorrectly input my undergraduate -- the correct information is Nat'l Chung-Hsing Univ. '62. I've been handling too many names and addresses for the directory and my apology to Nat'l Taiwan Univ. alumni !!

Please inform me about changes so that we can keep up-to-date on the addresses.




華美食品學會
CHINESE AMERICAN FOOD SOCIETY

Dear CAFS member and Friends:

Are you looking forward to attending the 1993 IFT annual meeting in Chicago? CAFS' annual meeting planning committee is busy to put this exciting program together. I would like to take this opportunity to invite you for the following activities. Your presence to those activities will greatly motivate our meeting organizer to do the superb job. We are looking forward to seeing you at IFT.

Sincerely,


Grace Shen Lo, Ph.D.
President-Elect, CAFS

Monday, July 12, 1993

1:30 - 3:00 p.m.	Annual CAFS Executive Meeting	Dr. Sam Chang
3:00 - 5:00 p.m.	Student Forum: Employment Opportunity	Dr. Romeo Leu
5:30 - 9:30 p.m.	Annual membership meeting Dinner arrangement	Dr. Grace S. Lo Ms. Grace R. Yao Dr. Alexander Woo
	Annual Report	Dr. Sam Chang <i>President, CAFS</i>
	Key Note Speech	Mr. Al S. Clausi <i>President-Elect, IFT</i>

Wednesday, July 14, 1993

1:30 - 4:30 p.m.	IFT Special Forum Health Benefits of Selected Chinese Foods Chairperson Co-chairperson	Dr. Yaowen Huang Dr. Grace S. Lo
Program:	Therapeutic Nutrition and Processed Products of Chinese Pearl Barley	Dr. Weng-Chang Chiang
	Soybean and Health	Dr. Steven S. C. Chen
	Cardiovascular and Cancer Preventive Effects of Herbs, including Garlic	Dr. Robert I-San Lin
	Cancer Preventive Effects of Green Tea	Dr. Chi-Tang Ho
	Legal and Scientific Considerations of Chinese Foods in Medical Application	Dr. J. Alex Wei



華 美 食 品 學 會
CHINESE AMERICAN FOOD SOCIETY

Dear CAFS member and friend:

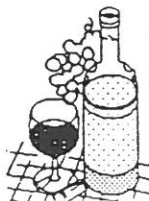
Have you made reservation for annual CAFS dinner meeting yet? If not, please do it now. We need your help to arrange a successful meeting. Remember, in order to qualify to participate in a drawing for door prizes this year, we have to receive your reservation form with your registration fees postmarked no later than June 15, 1993.

Besides the grand prize of \$250 in cash donated by Baker International Services, Inc., we also have other exciting prizes donated by Fiber Sale & Development Corporation, Lifewise Ingredients, Anheuser-Busch Company, etc. Please send your reservation now and don't miss the golden opportunity. Your cooperation will help us prepare adequate food and seating arrangement for everyone.

Sincerely,

Grace S. Lo, Chairperson, Annual Meeting Committee

DATE:	July 12, 1993 (Monday Night)		
PLACE:	SIXTY-FIVE Restaurant, 2414 S. Wentworth Ave. Chicago, IL 60616		
PROGRAM:	5:30 p.m.	Social Hour	(Phone 312-225-7060)
	6:30 p.m.	Dinner	
	7:30 p.m.	Annual Report	Dr. K. C. Chang, President, CAFS
	8:00 p.m.	Key Note Speech	Mr. Al S. Clausi, President-Elect, IFT
		"Impression of Food Sciences and Technologies from My Recent Trip to China"	
FEEES:	\$25 (Member)	\$30 (Non-Member)	
	\$15 (Student)	\$15 (Children under 12)	



CAFS DINNER & MEETING July 12, 1993

REGISTER BEFORE JUNE 15 TO WIN !!!



華美食品學會
CHINESE AMERICAN FOOD SOCIETY

REGISTRATION FOR CAFS ANNUAL MEETING AND BANQUET

Please reserve:

CATEGORY	NO. OF PERSON	FEES	TOTAL
Member		x \$25	
Non-Member		x \$30	
Student		x \$15	
Children <12		x \$15	
Membership		\$5, \$15, \$200	
TOTAL			

Please make a check payable to CAFS and return this registration form with payment before June 15, 1993 to:

Dr. Grace S. Lo
Chairperson, Annual Meeting Committee
CAFS
1246 Takara Ct.
Town & Country, MO 63131

FROM:

Name:	I am a: (Check one) <input type="checkbox"/> Member <input type="checkbox"/> Non-Member <input type="checkbox"/> Student I would like to pay membership fees for <input type="checkbox"/> '92-93; <input type="checkbox"/> '93-94: <input type="checkbox"/> \$15 (Active) <input type="checkbox"/> \$15 (Associate) <input type="checkbox"/> \$ 5 (Student) <input type="checkbox"/> \$200 (Life-time) <input type="checkbox"/> Please send me membership information.
Address:	
Phone: ()	

**REGISTER BEFORE JUNE 15, 1993 (POST-MARKED)
TO QUALIFY FOR DOOR PRIZE DRAWING.**

IFT SPECIAL FORUM

TITLE: Health Benefits of Selected Chinese Foods (No. S71)

DATE: July 14, 1993 (Wednesday afternoon)

PLACE: McMahon Room, McCormick Place

SESSION CHAIRPERSON: Drs. Grace Lo and Yao-wen Huang

1:30 pm Soybean and health
Dr. Steve S. Chen

2:00 pm Therapeutic effects and processed foods of Chinese pearl barley
Dr. Wenchang Chiang

2:25 pm Cardiovascular and cancer preventive effects of herbs, including garlic
Dr. Robert I-San Lin

2:50 pm Cancer preventive effects of green tea
Dr. Chi-Tung Ho

3:15 pm "As-Food-As-Medicine": an overview
Dr. Yao-wen Huang

3:35 pm Legal and scientific consideration of Chinese foods in medical
application
Dr. J. Alex Wei

3:55 pm Questions and discussion
Dr. Grace Lo

SOYBEAN AND HEALTH

Steve S. C. Chen
 American Soybean Association /Taiwan
 Taipei, Taiwan, R.O.C.

In the last few decades, the soybean has finally achieved the prominence in human nutrition that it rightfully deserves. A crop native to China, the soybean has been cultivated there for some five thousand years. This brief discussion will review why soybean production continues to increase and why a more liberal use of soybeans in the human diet will ensure better health.

As societies become more affluent, they become more health-conscious. This new awareness has prompted the dramatic increase in soybean production in the last few decades. Soybeans are a good source of both protein and oil. Soybeans contain 40 percent high quantity and good quality protein. They also contain 20 percent lipid with 85 percent of that oil unsaturated. Soybeans contain all the essential amino acids. Soy Protein, a vegetable protein, is free of lactose and cholesterol. It also contains certain amino acids, such as lysine, which are limited in other cereal grains. These qualities make soy protein easy to digest and a protein complement which improves the nutritional value of cereal grains.

Soybeans have other nutritional benefits. Coronary heart disease is now the leading cause of death in affluent societies. Hypercholesterolemia is the significant risk factor in atherosclerosis which can be modulated by diet. Recent research showed that in hyperlipidemic subjects, soy protein reduced serum cholesterol and triglycerides better than animal protein. Other studies showed that adequate soybean oil intake in healthy men can decrease the serum total cholesterol.

Soy oil is also rich in vitamin E (tocopherol) which is a natural antioxidant, and lecithin which decreases the risk of blood clots. Soybean oil is an extremely good source of the essential fatty acid linoleic acid which has been shown to lower total plasma cholesterol but not HDL cholesterol.

Soy fiber has been demonstrated to lower plasma cholesterol in hypercholesterolemic subjects; improve glucose tolerance and insulin response in diabetic patients; and increase fecal weight decrease fecal transit time.

In summary, soybeans have many features which make it highly nutritious and versatile. Because of its economical and nutritional properties, the soybean has played and will continue to play an important role in satisfying world hunger and improving world health.

THERAPEUTIC EFFECTS AND PROCESSED FOODS OF CHINESE PEARL BARLEY

Wenchang Chiang

Graduate Institute of Food Science and Technology
 National Taiwan University
 Taipei, Taiwan, R.O.C.

Chinese pearl barley (Coix lachryma-jobi L. var. ma-yuen Stapf), also

called adlay or soft-shelled job's tears, or hatomugi in Japanese, is a kind of one-year crop which belongs to the Gramineae. Coix is native to China, India and Burma, and is grown extensively in Asia. According to the Book of Hon-zo-kou-moku written by Si-Cheng Li (1596), Chinese pearl barley has stomachic, diuretic, antiphlogistic, anodynic, antispasmodic and antitumor effects; therefore, it has been used in China for a long time for the treatment of wart and chapped skin, rheumatism and neuralgia, and as anti-inflammatory and anthelmintic agents.

In modern medical reports, Pharmacological activities of the physiologically active constituents isolated from the seeds and /or roots of Chinese pearl barley have been certified. For example, coixenolide ($C_{38}H_{70}O_4$) has antitumor activity to Ehrlich ascites sarcoma in mice. Coixol ($C_8H_7O_3N$) has not only anodynic and antispasmodic activity, but also pharmacological properties similar to chlorzoxazone, and acts as a central muscle relaxant with an anti-convulsant effect. Three kinds of glycan (coixans) shows remarkable hypoglycemic effects in normal and hyperglycemic mice treated with alloxan. The aglycone of benzoxazinoids inhibit histamine release from rat mast cells induced by concanavalin A and by immunoglobulin E. Ovulatory-active substances have the effect of induction of ovulation and stimulation of ovarian follicular growth in female golden hamsters.

Compared to other cereals, Chinese pearl barley without the husk contains relatively higher crude protein (15-21%, db) and fat (7-10%, db) contents. Many processed products such as tea, fermented foods, bakery products and health foods are produced in Taiwan. In order to use Chinese pearl barley as materials of medical functional foods for keeping health, it is necessary to bring the spirit of interdisciplinary integration combining researchers of medicine, pharmacology, agriculture, nutrition and food science to study systematically and academically on its agronomic characteristics, food processing technique and clinical effects.

CARDIOVASCULAR AND CANCER PREVENTIVE EFFECTS OF HERBS, INCLUDING GARLIC

Robert I-San Lin
Nutrition International Co.
Irvine, CA 92715

Many herbs contain physiologically and/or pharmacologically active compounds that have anti-atherosclerotic, anti-thrombotic and anti-neoplastic effects. Thus they may provide protection against occlusive cardiovascular and circulatory diseases, and cancer. Taking garlic as an example, richly endowed with thioallyl compounds, garlic can provide protection against some of the most prevalent health threats, including these diseases and pollution.

Several epidemiological studies demonstrate the correlation between high garlic consumption and reduced cancer risk. At molecular level, aged garlic extract and several of garlic's thioallyl compounds have been shown to inhibit the activation of carcinogens and/or the bonding of polyarene diol epoxides to DNA bases, which causes DNA lesions and initiates chemically induced carcinogen induced aberrations in cell nucleus. In addition, garlic extracts has an anti-promotion effect in animals exposed to carcinogens. It also exerts strong cytostatic/cytocidal effects against cultured human breast cancer cells and human melanoma cells. These cytostatic/cytocidal effects occur at concentrations of the garlic extracts that have no effect on cultured normal human cells. In whole

animal studies, pre-treatment of animals with garlic, and with aged garlic extract protects the animals against subsequent challenge of carcinogens. Taken together, these data adequately demonstrate the cancer-preventive effects of garlic, at least against certain carcinomas. What is missing here is a controlled study involving an extremely large number of human subjects to prove beyond any doubts of the cancer preventive effect. Such a study would be morally, technically, and financially almost impossible, however, because human life is infinitely valuable and no human being should be intentionally/knowingly exposed to cancer risk just for the sake of scientific inquiry.

On the treatment of existing cancer with garlic, the benefit is not as quantifiable at the present time. Before the modern era, the Chinese had used garlic to treat neoplastic conditions for centuries, when benign and malignant tumors were not clearly differentiated. During recent decades, garlic has been used to treat late stages of various carcinomas, including gastric cancer. However, for these late stages of cancer the efficacy of garlic treatments doubtful. Although in animal models, such a treatment has extended the life-span of cancer inflicted ones.

Garlic has been demonstrated to have immune-stimulating effects. Although the stimulated immune functions may contribute the body's ability to exterminate cancer cells, much is to be done to understand the immune modulating effects, and to quantify the efficacy in cancer treatment.

Garlic's thioallyl compounds are unstable; therefore, the property and efficacy of garlic preparations depends on how they are prepared. quick boiled garlic and aged garlic/aged garlic extract are the safest and least odor-producing; garlic oil, raw garlic and products made of raw garlic powders can cause garlic-breath problem at high dosage levels.

Garlic/aged garlic extract has been shown to lower serum lipid levels, to increase fibrinolytic activity, to inhibit platelet aggregation and adhesion, to dilate blood vessels, and to attenuate vasospasm. these properties contribute to its cardiovascular protective efficacy.

CANCER PREVENTIVE EFFECTS OF GREEN TEA

Chi-Tung Ho
 Department of Food Science
 Rutgers, The State University of New Jersey
 New Brunswick, NJ 08903

Tea is the most widely consumed beverage world-wide. Green tea is a major beverage in Asian countries such as China and Japan, while black tea is more popular in North America and Europe. Most commercially prepared tea is obtained from the leaf of the plant Camellia sinensis, and an estimated 2.5 million tons of dried tea were manufactured in 1990.

The term "green tea" refers to the product manufactured from fresh leaves while preventing significant oxidation of the major leaf polyphenols known as catechin. The principal catechin present in green tea are (-)-epicatechin (EC), (-)-epigallocatechin (EGC), (-)-epicatechin gallate (ECG) and (-)-epigallocatechin gallate (EGCG). During the production of black tea leaves, there

is extensive enzymatic oxidation of the leaf phenols to dark products such as theaflavins and thearubigens.

Earlier studies have suggested that compounds that possess antioxidant activity can inhibit 12-O-tetradecanoylphorbol-13-acetate (TPA)-induced tumor promotion in mouse skin and/or inhibit biochemical effects of TPA that are associated with tumor promotion. Recent investigations have shown that green tea and its polyphenol constituents possess antioxidant activity and that a green tea polyphenol fraction has an inhibitory effect on benzo[a]pyrene- and 7,12-dimethylbenzo[a]anthracene-induced tumor initiation as well as TPA-induced tumor promotion in mouse skin. Studies with individual polyphenolic compounds in green tea indicated that topical application of ECG, EGC and EGCG inhibited TPA-induced inflammation in mouse epidermis. It was further observed that oral administration of green tea or intraperitoneal administration of EGCG inhibited the growth and/or caused the regression of established experimentally-induced skin papillomas.

"AS-FOOD-AS-MEDICINE": AN OVERVIEW

Yao-wen Huang
Department of Food Science and Technology
University of Georgia
Athens, Georgia 306020-7610

and

Chung-yi Huang
Department of Food Processing
National Taiwan I-Lan Institute of Agriculture & Technology
I-Lan, Taiwan, R.O.C.

Some traditional Chinese foodstuff have been used for human health and therapeutical purposes in the Orient for centuries. The facts and myths pertaining to some food items have been a topic of interest among the scientific community for many years. In recent years, scientific and systematic research on those food items has gained popularity in academic and research institutions in China as well as the world. The Chinese Health Authority published lists of food items which have been traditionally recognized to have health benefits and therapeutic effects. Those food items were officially categorized in a special term called "As-Food-As-Medicine."

Three lists which included more than 60 items have been issued since 1988. Those items are primarily comprised of foodstuff of plant origin. The only items of animal origin include snakes, oyster, chicken gizzard and honey. The rest of them are of plant origin. Fruit, root, flower, leaf, stem or skin of a plant are used in form of dried product. Giving examples, items from fruit of plant include Chinese date, hawthorn, papaya, longan, wild pepper, bergamot, lotus nut, mulberry, orange, black plum, medlar and citron. Items from root of a plant include ginger, dioscoreae, galangal, couch grass root, and phragmites communis. Items from flower of a plant include bulbous lily, feverfew, bishop-wort and safflower. Items from leaf of a plant include clove, mulberry leaf, waterlily leaf, lettuce and mint. Items from seed of a plant include ginkgo seed, mustard

seed and star anise seed. Also included are malt, black sesame, Chinese pearl barley, red bean, cardamom, angelica, liquorice, cassia and nutmeg.

Those food items have been used as regular ingredients in Chinese cooking at home. In many occasions, some other Chinese herb medicine have been popularly using to prepare a health meal for family. In this presentation, therapeutic effects of items in the "As-Food-As-Medicine" lists will be covered.

LEGAL AND SCIENTIFIC CONSIDERATION OF CHINESE FOODS IN MEDICAL APPLICATION

J. Alex Wei
Elan Pharma
Cambridge, MA 02141

Enteral nutrition market in the United States is a very potential market. Over the past twenty years technology and scientific advancement have made enteral nutrition leap beyond the ideas that it is solely for the purpose of meal supplement or meal replacement for patients.

Currently, the ideas of using enteral nutrition or general nutritional supplement are not only for sustaining, nourishing and nutritionally supporting the patients but also for possibly exchanging the patient's or average person's overall immune resistance and for disease curing and/or prevention purposes.

With such an increased understanding of foods, nutrients and their relationship to medical and health science a new term has been created to bridge over the boundary between food and medicine.

Nutraceuticals or pharmafoods are considered as any food substances capable of sustaining, supporting and enhancing the overall health state and immune system in human body. By way of nutraceuticals one is able to maintain his healthiness and enhance and prolong this well-being throughout his entire life span.

While it is very encouraged and exciting to develop and promote the nutraceutical type nutritional products for the medical and health benefits one can not ignore the regulatory compliance in promoting such benefits. Adequate and well planned scientific studies must be adopted as the basis to support these medical or health benefits.

Certain Chinese foods, herbal and medicinal drinks have long been considered and promoted in the past as beneficial to health or for certain medical treatment. While most of them are "proven" by empirical practice or experience few are documented or researched through contemporary scientific measures.

In order to address the application of Chinese foods or medicinal drinks for the current market and utilization one has to consider the need to conduct proper studies and follow the regulatory compliance. This is perhaps the only appropriate way to endorse the Chinese or traditional medicinal foods and drinks for the current nutraceutical market and contemporary use.

Several areas of interest and regulatory implication will be discussed.

NEW PUBLICATION FROM CAFS

TITLE: Traditional Chinese Food with Advanced Technology
(the proceedings of 1990 and 1991 IFT Special Forums)

PUBLISHER: Chinese American Food Society

CONTENTS: Nine chapters with 65 pages

- Chapter 1. Traditional Chinese food in china: past, present and future
by Anthony H. Chen, Zi-duan Du, and Hoong Lu
- Chapter 2. Food industry in Taiwan
by Tin-yin Liu
- Chapter 3. Characteristics of Chinese food: unique texture
by Joseph J. Jen
- Chapter 4. Soybean - form traditional usages to modern application
by Santa H.C. Lin
- Chapter 5. Microbiology of soybean-based Oriental foods
by Daniel Y.C. Fung
- Chapter 6. Nutritional implications of Chinese food in American diet
by Catherina Y.W. Ang and Yao-wen Huang
- Chapter 7. What roles R & D have in manufacturing Oriental foods for foodservice
industry
by Romeo Leu
- Chapter 8. Uses of Chinese foods in the institutional foodservice
by Mike L. Chen
- Chapter 9. Regulatory concerns of the Chinese foodservice industry
by Yong Hang

COST: \$10.00 (including shipping and handling)

TO ORDER: Please send a check payable to "Chinese American Food Society"
to Dr. Yao-wen Huang
Department of Food Science and Technology
University of Georgia
Athens, GA 30602-7610

The Graduate Student-Adviser Relationship

Dr. Donald B. Thompson

Acceptance of employment implies a contract in which one individual agrees to perform certain duties in exchange for compensation. Inherent in this arrangement is the idea that the individual will report to another individual, his superior, who will evaluate his performance, and adjust compensation accordingly. This general description applies to individual faculty members, who report to the department head, as well as to individual graduate students, who report to their advisers. In the present discussion, the focus will be on the relationship between a graduate student and his faculty adviser. Nevertheless, one must remember the larger context, in which the faculty member is herself in a subordinate role.

In a reasonable contractual agreement, both parties must stand to gain in some way from the contract. Each party should be satisfied with the contract. At the same time, each party should understand what is valued by the other party in the contract. The most effective long-term associations result from a combination of mutual self-interest and mutual understanding. This arrangement functions best when both parties share similar values. The initial challenge for a potential graduate student-adviser relationship is for each person to determine whether the other's values are similar enough to proceed.

The developing relationship between an adviser and a graduate student reflects a process of professional socialization and acculturation. The student has an expressed wish to benefit from the culture of the initiated, but does not always understand that culture. In particular, the student does not always understand the level of personal responsibility demanded in order to become a member of the culture. The process of acculturation is the responsibility of the adviser, of the other faculty members, and of the more senior students.

In this relationship, the student must come to terms with the imbalance in authority relative to the adviser. Effectively dealing with this imbalance in authority is an essential part of a good graduate student-adviser relationship. At one extreme, the student might accept a totally subordinate role, willingly receiving detailed instructions from the adviser, who takes the initiative and makes the decisions. Some students might prefer this type of relationship because the level of personal responsibility and risk is minimal. The main requirement is to do what one is told, and the expectation is that this strategy will lead to success in the system. If it does not, the student might feel he can say, "It wasn't my fault!" Another extreme student response is to effectively declare independence from the adviser, asserting one's own individuality at every opportunity. A

student might prefer this approach because he has responsibility for his success; nevertheless, the risk of great inefficiency is high due to his inexperience. The adviser should be sensitive to the imbalance of authority. For the latter student she should delegate responsibility (and the accompanying freedom) at the maximum level the student can accept. For the former student she should gradually remove excessive support, challenging the student to accept increasing responsibility for his success.

Students are each unique in their intellectual abilities, as well as in their personalities. Furthermore, students are unique in their ability to *develop* their talents and in the *rate* at which they can become an effective part of a new culture. The ideal adviser is one who can recognize the uniqueness of the student, who can effectively evaluate the student's abilities and personality. On the basis of this evaluation, the adviser must formulate expectations that suit the student (always bearing in mind the minimum appropriate performance level). These expectations should be such that the student is challenged at a level where success can reasonably be expected through hard work.

What is the student's role in this process? In essence, it is to work hard, to attempt to become socialized into the professional culture, to accept as much responsibility as possible, and to persevere. A good adviser cares about the success of the student, but nobody should be expected to care about the student's success as much as the student himself! Certainly the adviser is obligated to do what she can to maximize the student's success, but the primary responsibility is the student's.

How does one define success in a student's graduate program? Some might empirically define success as "successful completion of the minimal requirements for the degree." In my opinion, this definition is appropriate for *some students, but not for others*. Success is an ephemeral concept for a graduate student; only in the most limited sense is it judged by meeting formal written expectations, which often miss the essence of the exercise. In this limited sense an extremely talented and mature beginning student would only have his initial qualities validated by the graduate experience; no growth would be necessary. From the perspective of an individual student, success should be judged against potential. It implies growth and improvement in one's abilities and personal qualities. The successful graduate experience is primarily a successful *process* of individual development, and secondarily the certification of a product: the degreed student.

What does this thinking have to do with the graduate student-adviser relationship? Students should work hard, and advisers should have wisdom. That is the bargain, the contract. The

adviser should help the student to understand the culture of the discipline and work with the student to set goals that are appropriate to his abilities. The adviser should challenge the student to perform. The adviser should encourage intellectual and personal development, adjusting her expectations appropriately to the developing student throughout the program. Even for the M.S. degree, the student should be expected to assume increasing levels of responsibility as he progresses through the program. Furthermore, the student should be encouraged to exercise creativity and initiative. Such encouragement means allowing the student to try ideas which may well fail. For the Ph.D. student, encouragement of creativity and initiative should shift early in the program to expectation and even demand.


What does the student gain in the bargain? At a minimal level, with a degree in hand the student will be formally accepted by others in the field as having certain minimal abilities. This will help to get a job. More importantly, however, the student should have become acculturated into the discipline and learned to exercise initiative and accept responsibility. This will help to keep a job. Most importantly, the student may have learned the *process* of working to the limit of his ability, of working hard to learn and develop. This may lead to professional development and personal success.

What does the adviser gain in the bargain? For one thing, a faculty member's research program is only as good as the students who make it up. Equally important, a faculty member gains her reputation at least partly on the basis of the success of her students after they leave. On a more subjective and personal level, there is considerable satisfaction in helping someone develop, in being part of the *process*.

What of a situation in which the adviser insufficiently challenges the student, or the student responds poorly to the challenge? In either situation the student may become dissatisfied and may drop from the program, and the time and money invested will have been largely wasted. Possibly the student may eventually "successfully complete the minimum requirements for the degree." Each of us, faculty members and graduate students alike, must formulate our own standard of success. A student and his advisor should strive continually to understand the other's standards. I hope that these standards have nothing to do with minima; I suggest we all try to examine our standards regularly (allowing for personal growth), and work toward them.

Dr. Donald Thompson is an associate professor in Food Science, Penn State University

Student's Corner

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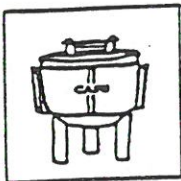
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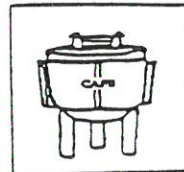
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Editor's Note

It has been a great pleasure to work with CAFS officers and members. Please fill up the attached membership profile form and return it with some of your pictures. Any materials you would like to share are welcome.

We all know our mutual support will enable our growth. Our commitment to our organization will result in a better US. I personally would commit 3 years to be your editor if you let me. At last but not least, I'd like to share with you my favorite sentences I learned from a Toastmasters Conference several years ago:

Opportunity is no where!

or

Opportunity is now here!

It depends on our attitude



Ada Chen, Editor

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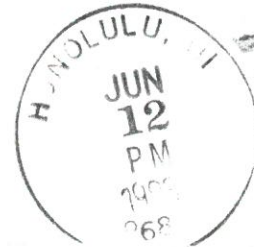
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