

# 華美食品學會

**Chinese American Food Society**

**Quarterly Newsletter**

*Vol. 23, No. 1*

**Editor John Shi**



**September, 2000**



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**( I ) The CAFS New Officers, Committee Chairs  
2000 - 2001**

**President-elect:** Kenny Yee <kenny@winghing.com>

**Secretary:** John Shi <shij@em.agr.ca>

**Newsletter Editors:**

John Shi

Steven Pao <spao@citrus.state.fl.us>

C.Y. Wang <CY\_Wang@sdstate.edu>

Zulin Shi <shiz@bioinc.com>

**Website Editor:** Andrea Su <asustange@yahoo.com>

**Membership Directory Editor:** Kenny Chuang <kenneth.Chuang@udvna.com>

**Treasurer:** Albert Hong <ahong@kraft.com>

**Executive Committee Directors:**

Tsun C. Chen <tcchen@ra.msstate.edu>, 2000-2002

Fu-hong Hsieh <hsiehf@missouri.edu>, 1999-2001

Keshun Liu <keshun.liu@monsanto.com>, 1999-2001

Alex Woo <awoo@starbucks.com>, 2000-2002

**CAFS Committee Chairs / Members:**

**Annual Meeting:** Kenny Yee

**Awards:** Yong Hang <ydh1@cornell.edu>, Wai-Kit Nip <wknip@hawaii.edu>

**Bylaws:** Yen-Con Hung <yhung@cfsqe.griffin.peachnet.edu>

**Committee Members:**

Cathy W Ang <cang@nctr.fda.gov>

Diana Yun-Yun Hao <dyhao@novusint.com>

Steven Pao <spao@citrus.state.fl.us>

Samuel L. Wang" <sltwang@yahoo.com>

**Conference / Workshop:**

Yao-Wen Huang <huang@arches.uga.edu>

Keshun Liu <keshun.liu@na1.monsanto.com>

**Employment / Consultation:**

I-Pin Ho <IHo@nfpa-food.org>

Sheree Lin <sandjlab.mi@worldnet.att.net>

**Public Relations / Fund Raising:**

Li Fu Chen <chenlf@foodsci.purdue.edu>

Fur-Chi Chen <chenfur@auburn.edu>

**Long Range Planning:**

Jit Ang <jang@protein.com>

Sam Chang <schang@plains.nodak.edu>

Sam Wang <sltwang@yahoo.com>

Kenny Yee <kenny@winghing.com>

**Nomination:** Amos Wu <Ryaw43@aol.com>

**Student Affairs:**

**Faculty:** Martin Lo <yml0@udel.edu>

**Student:** Vincent Sy <vince\_sy@hotmail.com>

**(II) Editor's Note:**

**A Prosperous CAFS Tomorrow**

At the IFT Annual Meeting in Dallas, our CAFS members got together to celebrate the 25<sup>th</sup> Anniversary of the founding of the Chinese American Food Society. During the ceremony and banquet party held in the evening of June 12, many senior members gave inspiring speeches and recalled the founding and the early days of CAFS. Our guests included the President of the IFT, the Chair of the International Division of the IFT, and representatives from the China Institute of Food Science and Technology (CIFST), Taiwan( ) and the Hongkong Food Science and Technology Association (HKFSTA). All gave very encouraging addresses to congratulate the CAFS' achievements. They were impressed with the level of excellence demonstrated by CAFS members and their enthusiasm for this society. Vivid memories of beautiful flowers, lovely songs, cheerful door-prizes, and a friendly atmosphere at the ceremony and banquet,..... all are still lingering in our minds.

According to Dr Sam Wang's recollection, the CAFS was created from an idea at the IFT convention in New Orleans in 1974. One year later, at the IFT Annual Meeting in Chicago, the CAFS as we know it today was born, the one and only organization for Overseas Chinese Food Professionals with Professor Bor S. Luh (UC Davis) elected the 1st President of the group. Twenty five years have passed, and quite a few founding members have retired. With great delight and confidence, they have seen the rapid growth of the CAFS membership and the increasingly more important roles it plays in all professional fields. Not only is CAFS an active sub-division of the IFT, but it also maintains close relationships with food science societies in Mainland China, Taiwan, and Hongkong. More collaborations are being developed with the Canadian Institute of Food Science and Technology (CIFST) and other food science societies in Asian and European countries. Now our members are not only from North America, they are also from Mainland China, Taiwan, Hongkong, and other areas of the world.

It is my honor to serve the CAFS as Secretary and Newsletter Editor this year. When I edited this issue, many members wanted to share their feelings, experiences, happiness, successes, and ideas with other members through this newsletter. I am really moved by all the messages that I received through e-mails, calls, and letters. More new members are joining the CAFS, offering new ideas and suggestions. Members' volunteer work, the long-term plan of the CAFS, members' excellent achievements in research, teaching, management, business development, and their good communication and extensive public relations, ..... are all sound material to make our CAFS a strong and prosperous society in today's food world. We have inherited all these from the CAFS founders, and we will hand them on to the generations to come.

As members of this prosperous society, we remember yesterday with pride, live today with enthusiasm, and look forward to tomorrow with confidence. Let us keep our CAFS growing, and shape a bright tomorrow for the CAFS with our excellent work.

*John Shi*  
*Newsletter Editor*



### ( III ) Message from CAFS Annual Meeting in Dallas

#### (1). Message from President Dr Peggy Hsieh

This year's CAFS annual meeting and banquet in Dallas was truly a great experience for those of us who attended. We honored the past Presidents and celebrated the 25th anniversary of CAFS. As the Program Chair of the banquet, I would like to take this opportunity to express my sincere personal thanks to Dr. Amos Wu, the outgoing President, for his outstanding leadership and many dedicated individuals for their great help in preparation of this meeting. Dr. Samuel Wang, Kenny Yee and Jit Ang worked very hard in organizing transportation to and from the meeting location. Special thanks are also owed to Martin Wang, a friend of our CAFS officer, for his help in the local arrangement of our banquet, to Dr. Fur-Chi Chen for printing meeting programs and updating brochures, to Albert Hong for his effort in registration, to Kenny Chung for preparing award certificates, names tags and banners, and to my two graduate students, Liron Chou and Yifang Gu, for helping decorate.

As I assume the role of President of the CAFS, I am filled with a sense of excitement and optimism. Currently we have approximately 300 members in the CAFS. This year CAFS has at least 29 volunteers (10%) who served as elected officers and committee chairs/members. We have never been stronger or better positioned to truly make a difference as an organization. Congratulations to the newly-elected officers of the CAFS! We had an excellent slate of candidates, and I want to thank all of those who took the time and made the commitment to run for office. I would also like to thank the officers who served last year. It is this fine spirit of volunteerism that keeps the CAFS growing, productive, and open to new challenges. To continue to encourage volunteers, we will be publishing the names of committee members in our newsletter on a regular basis. This will not only inform the membership about the many committees, but will allow volunteers to contact committee members directly. We need help from each of you to make our society successful. The value and benefits of the CAFS are directly related to the involvement of our members.

At the last executive meeting held in Dallas on June 11 Dr. Amos Wu brought up three chief issues for discussion and consideration for the upcoming year: 1) name change of current Chinese American Food Society; 2) establishment of a non-profit status for CAFS; and 3) revision of our by-laws. Therefore, these areas are identified as our tasks in which to focus our attention in the beginning of my term. In the past two months, a large volume of e-mail messages have been exchanged among our officers and senior members for discussion of the pros and cons of a name change of CAFS. Several new names have been proposed. However, due to complex procedure involved in the name change of a professional society, the heat of discussion has almost come to an end. At the time being, Kenny Yee, the President-elect, has initiated contact with his company attorney to look at the application process of a non-profit organization status. Once the status is obtained, CAFS will have advantages in term of fund raising and tax exemption. The By-law Committee, chaired by Dr. Yen-Con Hong will be carefully examining our current by-laws and preparing a proposal of proper revision for approval. Please feel free to contact me or other officers if you have suggestions and ideas pertaining to the above issues. Report on the progress and results will be posted in the future issues of our newsletter.

I have set up an updated e-mail address to enhance communication among all officers and committee members. Important announcements and information will be posted on our webpage as soon as possible. A special feature has been added to the CAFS website by our Website Master, Dr. Andrea Stange, who has been putting color pictures taken from the Annual Meeting and banquet on the internet for your enjoyment. In the near future, we anticipate that our website will be linked to many other Food Societies in the North America and Asia.

I would like to express my heartfelt thanks to the dedication of many CAFS senior members for all the advice and encouragement. They have helped make the transition much smoother. This has been a

great learning process and I am excited about the goals for the coming year. I am sure I have tough shoes to fill following wonderful examples set by our previous Presidents.

*Peggy Hsieh, Ph. D.*  
*Associate Professor*  
*Department of Nutrition and Food Science*  
*360 Spidle Hall*  
*Auburn University*  
*Auburn, Alabama, 36849*

**(2). Address from William H. Root, 1999/2000 Chair, International Division**

Dear Dr. Peggy Hsieh:

It was a pleasure to be invited, on behalf of the IFT International Division, to the Chinese American Food Society 25th Annual dinner-meeting in Dallas, Texas. This was a very memorable evening. I had not realized that CAFS had such a long and proud history. Congratulations!

The Int'l Division and CAFS have many interests in common, as we discovered at the IFT hosted meeting we both attended Tuesday morning, June 13. You mentioned symposia discussions with Dr. Keshun Liu. Dr. Liu is an Executive Committee member of the International Division. I invite you, and others of the CAFS, to join the International Division. I think the Division offers CAFS opportunities to have a voice, become more involved in the activities of IFT.

The International Division objectives are to:

- Stimulate an increased awareness and interest on the part of IFT in the world food situation and problems.
- Propose, when appropriate, steps the IFT might take to alleviate those problems.
- Promote international scientific communication and technology transfer among food scientists throughout the world.

There are many opportunities for people to play an active role in the International Division. The International Newsletter, published three times a year, provides an active forum and keeps members informed about international developments and events. Division members are encouraged to develop/participate in the Division symposium at each IFT Annual Meeting as well as the Division-sponsored events there - the International Lounge, International Luncheon and International Paper Competition. CAFS support and ideas are welcome and will help the Division fulfill the needs and interests of all the members.

Again, allow me to thank you for the invitation to your 25th Anniversary in Dallas. Dr. Cathy Ang asked me for some comments to you CAFS newsletter editor about the Division. By copy of this possibly John Shij can choose what he feels will contribute appropriately to your newsletter. Copies are sent to Dr. Juan Silva and Dr. Gustavo Barbosa-Canovas, Int'l Division Chair and Chair-Elect (Program Chair) receptively for the coming year. If there are any questions, please contact any of the International Division.

*William H. Root, 1999/2000 Chair, International Division*  
*1054 Camino Verde Cir.*  
*Walnut Creek, CA 94596 U.S.A.*  
*Phone: 925/943-6194*  
*Fax: 925/938-8002*  
*E-mail: Paclntl@aol.com*



### (3). Student Workshop -- "Student-to-Work Transition"

This year's student workshop "Student-to-Work Transition," coordinated by Drs. Fu-hung Hsieh, Hongda Chen, and Y. Martin Lo, was held on Sunday, June 11 between 3:00 to 5:30 PM in Room A-408, Dallas Convention Center. We were very pleased to have the honor of having three outstanding CAFS members making time out of their extremely busy schedules to be our guest speakers and their willingness to share with students their precious experiences during the most important transition in ones career -- from a student to a professional.

Dr. Alex Woo, R&D Director, Starbucks Coffee Company, gave a thorough overview on job opportunities in his presentation titled "Research and Development Career in the Food Industry." He highlighted various job channels and how to prepare for each channel accordingly. His humorous presentation, in addition to his systematic analysis on how to pick the best career route, certainly was the best lesson to the students in demonstrating the characteristics of a successful manager in the industry. His enthusiasm boosted up the entire room and brought all students closer, bringing to this workshop a "family" touch. The students are still talking about his presentation from time to time.

Dr. Andrea Stange, Project Leader, Protein Technologies International, focused more on personal growth during this transition in her outstanding presentation "From Ivory Tower to Bloody Battlefield." She described in detail how she got to the place she was and what she had done to lead to such a position. Her experience was extremely helpful in eliminating a lot of doubts on students' mind as well as getting ready to search for ones niche based on self-awareness, something supposed to be at hand yet most of times hard to get a hold of. Dr. Stange urged all students to build up extensive networks as early as possible, whereas learn about all the subtle details about how to behave professionally throughout the entire interview process and the job itself. Her soft voice reached in everyone's mind and successfully conveyed to the students the aptitude towards a fruitful career.

Dr. Steve Pao, Senior Scientist, Florida Department of Citrus, was one of the panelists for our workshop last year. He provided an invaluable angle in job searching and self adjustment by emphasizing the importance of preparation, in addition to his insights on governmental positions and the way those positions were filled. Being a sincere Christian himself, Dr. Pao addressed his perspective on how the growth in faith can assist in building self esteem and ease up anxiety, regardless what religion you are in. His presentation brought to mind an extremely important concept in the student-to-work transition -- you can not do everything all by yourself. Mental health is as critical as physical health in your job performance. An optimistic approach will make life much easier, which in turn brings about better opportunities to success.

As the chair of student conference and workshop, I would like to take this chance to express my deepest gratitude for all the speakers and Drs. Fu-hung Hsieh and Hongda Chen for their time and efforts in making this workshop another success during the IFT meeting. However, I also feel that there are still ways we need to work on to spread the words around more effectively such that more student members can benefit from our outstanding workshop series. Moreover, we are open for suggestions on topics of workshops and various formats, if deemed necessary. Please feel free to contact me if there is any question, comment, or just a chat about things we can do for our student members. Dr. Steve Pao has agreed to provide his assistance in student activities and we would like to give him a rounded applause for so doing. With more people volunteering, we are entitled to another exciting year!

*Y. Martin Lo, Ph.D., Assistant Professor  
Food Bioprocess Engineering Laboratory  
Department of Animal and Food Sciences  
020 Townsend Hall, University of Delaware  
531 S. College Ave., Newark, DE 19717  
Tel: 302-831-1045; Fax: 302-831-2822  
E-mail: ymlo@udel.edu; <http://lo.afs.udel.edu>*

#### **(4). Achievements and Winners**

*Yong Hang, Ph.D.  
Chair of CAFS Award Committee  
Professor of Department of Food Science and Technology  
Cornell University*

##### **(a). Winner of 2000 CAFS Distinguished Service Award -- Mr. Jit F. Ang**

Mr. Ang is presently employed as Regional Director of Applied Technology for Protein Technologies International at St. Louis and Technical Director of Fiber Sales & Development (both DuPont Businesses). He is a past-president of CAFS and a former editor of the CAFS Newsletter. He authored and co-authored three U.S. patents teaching the technology and application of fiber ingredients. His publications appeared in several peer-reviewed journals and international conference proceedings. His professional memberships include ACS, Sigma Xi, AACC and IFT. Jit received his BS and MS degrees in Biochemistry from the University of Newfoundland (Canada) and the University of Massachusetts, respectively.

##### **( b ). Winner of 2000 CAFS Professional Achievement Award -- Dr. Fu-Hong Hsieh**

Dr. Hsieh is currently a professor of food engineering in the Dept of Food Science & Human Nutrition at the University of Missouri-Columbia. He received his BS, MS and PhD from National Taiwan University, Syracuse University and the University of Minnesota, respectively. He formerly worked at the University of Waterloo (Canada), National Research Council of Canada, and the Quaker Oat Company. He has advised 14 PhD and 28 MS graduate students. Dr. Hsieh received many teaching and research awards in food engineering. He has four patents and published nearly 100 technical papers and book chapters. He teaches food engineering, biological engineering and food extrusion. His research covers extrusion of food and feed, new uses of agricultural raw materials, and viscoelastic and thermal properties of food materials.

##### **(c). Winners of 2000 CAFS Graduate Student Scholarships**

###### **Ms. Shuqing Zhang**

Ms. Zhang is a graduate student in the Dept of Food Science at Auburn University. She presented a research paper at the IFT meeting in Dallas and the title of her paper is "Monoclonal antibody based on ELISA for assessment of endpoint heating temperature of ground beef and pork".

###### **Mr. C. Tony Shao**

Mr. Shao is a graduate student in the Dept of Food Science and Technology at the University of Tennessee. He presented a research paper at the IFT meeting in Dallas and the title of his paper is "SPME volatile, viscosity and degradation measurement of cottonseed oil, sunflower oil, and 20 and 40% palm olein blends with sunflower oil during frying of potato slices".

###### **Mr. Donghua Cao**

Mr. Cao is a graduate student in the Dept of Animal and Food Sciences at the University of Delaware. He presented a research paper at the IFT meeting in Dallas and the title of his paper is "Recovery of protein from poultry processing wastewater using ultrafiltration".



**(5). CAFS Treasure Report**

Attached is the CAFS financial summary as of August 28, 2000. As stated in the report, the closing balance of fund is totaled to \$15,445.23. The decrease of fund is primary due to the expenses for 2000 annual banquet and the CAFS 25<sup>th</sup> Commemorative Booklet, and partially offset by incomes from registration fees and membership dues. I would like to express our sincere appreciation to Dr. Daniel Fung for his generous donation of \$1,500 to the commemorative book project (recorded as an offset from \$3,500 charge). Additional thanks also give to Dr. Peggy Hsieh (\$200), Deli Food (\$100), International Bakery (\$50), and Dr. Lun-Shin Wei (\$100) for their kind donations to the same project. These donations have been posted in previous financial reports through out the year. If you have any questions regarding this CAFS financial report, please don't hesitate to contact me.

*Albert Hong, Ph.D.  
CAFS Treasurer  
Food Engineer,  
Kraft Foods, Illinois*

\* \* \* \* \*

Chinese American Food Society Financial  
Report as of August 28, 2000

Opening balance as March 18, 2000

	Money Market Account	\$ 10,000.00
	CD Account	\$ 9,367.49
	Checking Account	\$ 480.85
	Total Asset	\$ 19,848.34

Income

Membership Dues	\$ 1,160.00
2000 Annual Banquet	\$ 2,515.00
Interests (Money	\$ 89.61
Subtotal	\$ 3,764.61

Expense

Newsletter	\$ 171.44
2000 Annual Banquet	\$ 4,365.37
25th Commemorative	\$ 2,000.00
Scholarship	\$ 300.00
Travel and	\$ 1,025.84
Financial Charge	\$ 15.00
Postage and Supplies	\$ 290.07
Subtotal	\$ 8,167.72

Closing balance as of August 28, 2000

\$ 15,445.23

Asset Distribution:

CD Account	\$ 10,000.00
Money Market Account	\$ 5,116.04
Checking Account	\$ 329.19
Total Asset	\$ 15,445.23

\* \* \* \* \*

## (IV) Comments from Members

### (1). Commemorative Issue Celebrating the 25th Anniversary of the Founding of CAFS

*Project of the Long Range Committee of CAFS. 1990-2000,  
Cathy Y. W. Ang, Daniel Y. C. Fung and Yao Wen Huang*

It is a great joy for us to compile the landmark Issue for CAFS. We want to thank everybody who contributed to the Issue. At the Banquet in Dallas we distributed the Issue to everybody and received excellent comments on the quality and contents of the Issue. A project like this is quite complicated. Although we tried hard to have everything done perfectly there were a few minor errors and omissions. We intent to have those corrected and up-date the Issue as the years progress.

Daniel will keep the original in his office and will send a three ring binder copy to Cathy, Yao Wen, and the current president. Daniel, Cathy, and Yao Wen will up-date their copy yearly. The current president will up-date his/her copy and transfer the copy to the new president. In this way if one copy is lost there will be other copies for a permanent record of the society.

Daniel has copies of the Issue in his office. Any due-paying member wanting a copy can contact him directly. Non-due paying individuals will have to send him a check of \$10.00 to cover printing, mailing and handling costs. It is his intent to issue the 30th anniversary version 5 years from now with the new information and new photos collected at that time!!

*Daniel Y. C. Fung, Ph. D.  
Corresponding editor of the Commemorative Issue  
Professor  
225 Call Hall,  
Kansas State University,  
Manhattan, Kansas 66506  
Tel: (785) 532-5654; FAX: (785) 532-5681;  
E-mail:DFUNG@OZNET.KSU.EDU*

### (2). Good luck, Good Health, and Aloha to All

*James H. Moy, Ph. D., IFT Fellow  
Professor in Department of Food Science and Human Nutrition  
University of Hawaii*

On June 12, 2000, I was very pleased to have participated in the celebration of the 25<sup>th</sup> anniversary of the founding of the CAFS at the Maxim Restaurant in Richardson, TX. It was a great banquet and a lively party. It was good that we had Dr. Philip E. Nelson, President-elect of IFT, Mr. William Root, Chair of the International Division, and food scientists from Hong Kong, Taiwan, and PRC participating at the celebration.

Twenty-five years seem to have gone by quite fast. Looking back, and referring to the commemorative issue, I am very impressed with the following: The dedication, willingness, time, and efforts that many of our Chinese-American colleagues have contributed to the Society are most admirable. They served as officers of the CAFS. They planned symposia and annual meetings. They helped younger members find jobs in the food field. And they communicated with members through newsletters and directories. I must congratulate all of them for a job well done.



There has been no political agenda in all the gatherings of CAFS in the past 25 years that I can detect, which is good. All of us have cross-cultural experience in learning, and living in Asia and the United States. We might have encountered some forms of discrimination at times, but we have endured and overcome them.

The objectives of the Society were well stated (see Page 2 of the commemorative issue). Scientific presentations and publications are but some of the examples that our members have continued to provide the energy and momentum to stimulate, encourage, and foster the progress and development of food science and technology. At the same time, we have witnessed collegiality, friendship, and respect among our members who willingly help and share with each other. Three members who spent considerable time and effort in preparing the commemorative issue, Drs. Cathy Y.W. Ang, Daniel Y.C. Fung, and Yao Wen Huang, deserve our most sincere thanks and applause. It is a valuable publication summarizing the history of CAFS, and accomplishments of some of the members.

Dr. Wai-Kit Nip's comments during the party were very appropriate. He urged and reminded us that CAFS' younger members should become more active in the Society's functions and activities by being willing to serve in various capacities and to carry on with its many tasks that need done. I recently heard from the IFT's Director of Field Services, Ms Pamela J. Pierson, that a number of IFT sections in recent years are in a state of decline and demise due to a lack of members' interest in participating in a Section's activities. This sounds bad. We must not let that happen to CAFS.

Good luck, Good Health, and Aloha to All CAFS members!

*Editor's note: Professor Moy sang the song "Tiny Bubbles" at the CAFS Banquet in Dallas. This popular folk song allowed us to picture the beautiful Honolulu, Hawaii.*

### **(3). The Commemorative Book of the 25th Anniversary of the CAFS**

-- Reflections from Immediate Past Long-Range Planning Committee Chair Yao-wen Huang

The 25th CAFS Anniversary Celebration was held on June 12, Monday night in Dallas, Texas during the 2000 IFT Annual Meeting. The food was excellent, the fellowship was great, the friendship was even marvelous. The LRP Committee presented all the participants a Commemorative Book which was edited by the committee members: Cathy Ang, Daniel Fung and Yao-wen Huang. It took a while to compile all the documents and put them together. Daniel was the person along with his secretaries to physically put in printing. Now, we, the CAFS, have a dynamic documentation to preserve the past Quarter-Century History of Chinese American food scientists in the North America. We have gone a long way and we are going to keep up with the good and decent job for the coming years.

The Book contains six sections. The first section is the history and chronicles of the CAFS. It includes the history, the annual meetings, members awards, sponsored symposia, forums, hot topics at the IFT Annual Meeting, officers, newsletters, directories and other publications. It also includes the In Memorial for our members during the past 25 years.

The second section is the outstanding milestones of the CAFS. It includes important events and happening from the founding year of 1975 to present. Yao-wen, Daniel, and Cathy took parts of 1975-1982, 1983-1991, and 1992-2000, respectively. The text will take back to the old days in early years. As a CAFS member, you will like to know the legacy of our Society and be proud of her.

The third section has Past-Presidents' reflections. The authors include Bor S. Luh (1975-1976), Lun-shin Wei (1978-1979), George Chu (1984-1986), Cathy Ang (1988-1989), Daniel Fung (1989-1990), Sam Chang (1992-1993), and Jit Ang (1996-1997). Oops! Yao-wen was almost missed. But he added his reflection (1990-1991) to the Book as a loose-page.

The Outstanding Achievements of our members is compiled in the fourth section. Due to the traditional humble nature of Chinese American, we encourage all other members to submit their information to Daniel, the Corresponding Editor. Daniel promised to add to the Book when it will be

published for the CAFS 30-year Anniversary in 2005. Anyway, this section may provide a sample of achievement of our Members.

The fifth section is a candid photos of CAFS activities in color. You may find out who are in the pictures. It is a section to freeze the time and keep some memories. The last section is the By-Laws. This is the basis for our Society for the last quarter century.

What else you want to have? This is the Book! If you missed the opportunity to get one, you still have opportunity to order one from Daniel. It costs only \$10.00 including the postage. Remember, we are entering the New Millennium as well as the New Century. The CAFS will be entering a new era. With all of us, she will grow bigger and stronger.



## ( V ) CAFS and The World

### (1). Information from International Division of IFT

*The following message came from Bill Root, past president of ID. I pass on for your information. Previous presidents have built a good relationship with many other Divisions, particularly with ID. That has been great. It also believe that it is mutual beneficial to work closely with ID and some other Divisions too. Let's continue keeping this relationship.*

*Keshun Lui, Ph. D.*

*Executive Committee Member of the International Division of IFT*

*Senior Research Scientist*

*Monsanto Company, Missouri*

Hi to all -

I have been trying to get to Division matters but have put it off a few days. First off, I agree with you, Juan, the Int'l Div. in our 10th year had an excellent showing at the Annual meeting in Dallas!

The Lounge was very well received and utilized. Vivek did an outstanding job setting it up and manning it. Antonio T., the display and shirts were excellent! Who will tabulate the results of the questionnaires? I was there Wednesday morning and just used the last of the questionnaires an hour before closing.

I attended the Council meeting as Antonio M. had a personal conflict and Onuma couldn't act as alternate. We were represented. The Div. Excom meeting went well. George Purvis agreed to take the minutes and based on the past, they will be completed well. Important points include: 1) The board approved Antonio Torres as newsletter editor with Bob bates assisting him. 2) Approval of the Division paying half each for Torres and Silva to attend the August IFT Leadership conference in Chicago. 3) International Paper competition to remain as it was this year for another 2 years. Dr. Breene has agreed to be Chair of this committee another year. 4) Approved A. Martin TPS representative for coming year. 5) next years CoGI representative to Int'l Div. Excom will be Michele A. Buchanan of Lipton.

The Int'l Division will be represented by Chair Juan Silva. With the retirement of Mike Jimenez, the ID Newsletter Editor will not have a position on CoGI. Our Int'l program, speaker Dr. Fennema, excellent. Paper competition went well although not too well attended - Judges were Breene, Weinstein, Silva, and myself. (Juan's plan for judges next year is good.) Business meeting not well attended either. The Tuesday/Wednesday edition of "IFT Today Meeting and Expo News" carried a front page article on the International Paper Competition winners.



At the luncheon I said that due to Nutrinova sponsorship we would be able to subsidize the lunches next year. (Attendance has been dropping off each year as the cost rises; 1998 = 128 @ \$25.00, 1999 = 92 @ \$35.00 and this year 83 people @ \$38.00 per ticket) I bought 15 complimentary tickets for speaker, paper competitors, Dr. Breene and sponsors. I also reported that the abstracts of the Int'l paper winners would be put on our Division website at [www.ift.org/divisions/internationaldivision](http://www.ift.org/divisions/internationaldivision). The plaques were presented to the sponsors present. Cargill had left early and Juan will mail there plaque.

I made a point to personally thank each of our sponsors on the Expo floor. Elsevier and Gargill said they planned to continue sponsorship but Nutrinova is unsure. I said that they would all be hearing from their Int'l Div. contact, Antonio Torres. Juan Silva went to the Elsevier Science reception and I went to the Chinese American Food Society (CAFS) 25th anniversary dinner. I invited more participation by CAFS in the Int'l Division. I feel we have some mutual interests. The ID has CAFS member Keshun Liu incoming to our ID Excom.

The following morning I was invited to be an IFT representative to the Chinese - IFT meeting. There are several areas of interest between China, Hong Cong and IFT that the Int'l Division can play a part. I volunteered the Int'l Div to assist in developing programs with the Chinese. Dr. Peggy Hsieh, President of CAFS and Dr. Keshun Liu have started discussions of a couple of symposium suggestions.

Departing Dallas was a problem for many. Delays and cancellations. Juan, its great that you are getting started early for next year. The Division has done well in Dallas and should do even better in New Orleans thanks to all of your efforts.

*William H. Root 1999/2000 Chair, International Division  
1054 Camino Verde Cir.  
Walnut Creek, CA 94596 U.S.A.  
Phone: 925/943-6194  
Fax: 925/938-8002  
E-mail: PacIntl@aol.com*

## **(2). The Chinese Institute of Food Science and Technology (CIFST)**

The Chinese Institute of Food Science and Technology was founded in November 1980 during the First National Congress of Food Science and Technology.

### **Objectives of the Institute are:**

- To sponsor domestic and international academic exchanges on food science and technology;
- To promote the research and development of food science and technology and offer consultation services;
- To encourage cooperation among food scientists, technologists and entrepreneurs or organizations, societies, and institutes related;
- To stimulate continuous education and training in food science and technology;
- To support technological innovations in preservation, processing, manufacturing and distribution of food products; and
- To disseminate fundamental knowledge of advanced food science and technology.

### **Council**

An existing standing council was elected by the plenary meeting of council members. The executive officers of the standing council are responsible for organizing institute's activities.

President: Ms. Pan Beilei, Vice President and Secretary General: Mr. Xiao Derun

### **Branch Societies**

Only a few exception, almost each province and main city has local society for food science and technology. The Institute is responsible for instructing and harmonizing their activities. The Institute has established the following constituent societies to conduct specialized academic activities in the field:

- Infant Food Society --Soft Drink Society --Cane Sugar Society
- Beet Sugar Society--Rice Wine Society --Citric Acid Society
- Enzyme Preparation Society--Food Additives Society
- Cereal Rice and Wheat Flour Food Society
- Food Machinery Society --Frozen and Refrigeration Food Society

### **Membership**

The Institute admits qualified individual members and organization members regularly. According to the new revised constitution, special members such as overseas member and foreign member will be admitted.

### **Activities**

The Institute organizes a variety of activities including annual meetings, seminars, symposiums and on-the-job training courses, the Institute also receives foreign visitors and sends delegates to international academic meetings. Representing the food industry circle of China, the Institute joined the International Union of Food Science and Technology as qualified member in 1984.

### **Publications**

The Institute has published or co-published periodicals such as Journal of CIFST, All-China Food Industry, Information, Food and Machinery etc. and proceedings such as Chinese Food in 21 Century, Proceedings of The 2nd National Symposium of Young Food Scientists and Technologists, The Report of 1st Asia Symposium on The Production Development of Cereal Products, Proceedings of The Symposium on Chinese Frozen Food Technology and Development etc.

For Further Information,

Secretariat

No.14 Yinghuayuan East Street,

Chaoyang District, Beijing P. R. China Post code: 100029,

Tel: 86-10-64204007, 86-10-84257173, 86-10-84257174; Fax: 86-10-64299159

E-mail: cifst@public.bta.net.cn

Website: <http://www.cifst.org.cn>

### **(3). Taiwan Food Science and Technology Society**

*Dr Bonnie Sun Pan and her colleagues attended CAFS annual meeting in Dallas. The development of the collaboration between CAFS and Taiwan Food Science and Technology Society is under discussion. More information on Taiwan Food Science and Technology Society will be available in next issue of the CAFS Newsletter.*

### **(4). Hong Kong Food Science and Technology Association (HKFSTA)**

Hong Kong Food Science and Technology Association Limited (HKFSTA) is the first organization related to food science and technology in Hong Kong. The Association welcomes those who support the promotion and development of food science and technology in Hong Kong to join as our member.



## **Introduction**

Hong Kong Food Science and Technology Association Limited is the first organization related to food science and technology in Hong Kong. It is an educational and science society of food professionals - technologists, scientists, engineers, educators and students in the field of food science and food technology. Individuals who are qualified by education, special training or experience are invited to join the Association.

## **Objectives**

HKFSTA has several major goals: to promote the recognition of the scientific approach to food and the basic role of food scientists and technologists in the food industry; to promote the local and international professional status and portfolio of food scientists and technologists in Hong Kong; to promote research, development, training and education in the science and technology of food; to foster interfaces among business, industry, academia, government, mass media and the public on food science and technology issues; to promote good interaction among members of the Association and persons engaged in the food industry and other sectors of the community.

## **Functions and Activities**

The Association will publish newsletter quarterly. It will also arrange visits, talks, discussion forums, academic presentations, business presentations, exhibitions, conferences, and any other relevant activities.

## **Qualifications for Memberships**

HKFSTA welcomes those who support the promotion and development of food science and technology in Hong Kong. There are three membership categories: Full Member: Any person who is working in food-related field (Industry, Business, or Educational institute) and has either

(a) a Degree in Food Science, Food Technology, Food and Nutrition from a university in Hong Kong, or equivalent; or

(b) a Higher Diploma or Higher Certificate from a Hong Kong polytechnic / polytechnic university, or a technical institute / technical college, or equivalent.

(c). Student Member: Any person who is registered as a full time or part time student pursuing candidacy for a degree, higher diploma / diploma, higher certificate / certificate course in the field of food science and technology or related field in either one of the following tertiary institutions in Hong Kong (CUHK, HKU, HKPU, HKTC).

(d). Affiliated Member: Any person who is working in a food-related field and shares the common objectives of HKFSTA.

(e). Application Method. Please complete and return the application form together with the cheque by mail to the Secretariat at P.O. Box 1421, General Post Office, Hong Kong. Your application will be considered as soon as possible.

For further information, please contact

Dr. Peter Cheung

e-mail: [petercheung@cuhk.edu.hk](mailto:petercheung@cuhk.edu.hk)

Mail address: Secretariat at the P.O. Box 1421, General Post Office, Hong Kong.

**Website:** [http://www.youdomain.com/hkfsta\\_6/](http://www.youdomain.com/hkfsta_6/)

## **(5). International Collaboration Message from Dr Chuck Manley**

To all,

These are my notes from our meeting in Dallas. The following were in attendance:

### **From the USA**

- Dr. Mary Schmidl, President-elect of IFT and Professor of Food Science at U. of Minnesota
- Dr. Philip Nelson, President for IFT 2001-2002, Professor and Chair of Food Science at Purdue University
- Dr. Owen Fennema, A past president of IFT and IUFOST, retired Professor at U of Wisconsin
- Mr. Herb Stone, Former member of the IFT Executive Committee and currently involved in international projects for IFT. Also President of his own company Tragon ( consulting in sensory evaluation and food product improvement)
- Ms. Michelle Buchanan standing in for Dr. Charles Radanovics, Chair of IFT's Committee on Global Interests Dr. William Root, Chair of IFT's International Division (Consultant on International projects in food science) Mr. Dan Weber, Executive Vice President of IFT
- Dr. Peggy Hsieh, Chinese American Food Society
- Dr. Charles Manley, President of IFT and Vice President, Science and Technology for Takasago International Corp.
- Dr. Bruce Stillings, Past-President of IFT

### **From China:**

CIFST has 110,000 member in 30 groups

- Ms. Shao Wei, Senior Engineer, Chinese Institute of Food Science and Technology.
- Mr. Wang Jing, Vice General Secretary, Chinese Institute of Food Science, and Wang Jing,
- Mr. Yang Guifu, Senior Engineer, China National Institute Research Institute of Food and Fermentation Industries
- Mr. Rao Pingfan, Vice President, Fuzhou University.
- Mr. Sun Guo, Deputy Commissioner, Inner Mongolia Bayannaor League Committee.
- Mr. Hou Jiuqing, President, Inner Mongolia Bayannaor League Committee.
- Ms. Xu Zhonghui, President, Liaoning Yachao Food Co., Ltd.
- Dr. Yongjing Li, Deputy General Manager, Danisco Cultor, Jiangsu Province.
- Prof. Shi Yan Guo, Director of the Chinese Institute of Food Science and Technology, Harbin, China.

### **From Hong Kong:**

Has a membership of about 300,

- Dr. C. Y. Ma, Professor of Botany Department, Hong Kong University.
- Dr. P. N. Albert Chan Vice Chair of the Hong Kong Food Science and Technology Association.

The following points were discussed with conclusions as noted:

1. Dual membership.. IFT noted that we will have an electronic membership level available to members outside the USA in a short while. This will be at a lower dues level then currently in place.
2. By having an IFT membership the cost of registration at the Annual Meeting will be lower.
3. We encouraged the International Division and the Chinese American Food Society to raise fund to support students or young professionals in attending the Annual Meeting.
4. We will establish linkages with the Chinese Institute of Food Science and Technologist web site. They will do likewise to our site.
5. (Suggestion that we have the International Union select a report from China to cover the CIFST).
6. Potential idea to have top research papers from China translated for publication in the IFT JFS.
7. We will send FDA regs on GMO/Food Biotech to CISFT and Hong Kong group. Dr. Stillings will send copies of IFT's Biotech papers when completed.
8. CIFST is having a meeting in November and would like us to provide speakers - Their suggest is for three speakers:



### **Topic - Functional Foods**

- FDA speaker- on regulations
- Industry speaker - on markets in the USA
- Academic speaker- on the science behind the claims.

9. The Chinese group is proposing that a Food Summit be held in China from both the new Chinese food companies and American food companies doing business in China. We indicated that it was a good idea. The Chinese delegation must check with the government to see if such a meeting would be supported. If agreed, the meeting would most likely be held in 2002. (We could try to get the CRO group involved in this one)

10. CIFST would like to have IFT put together some type of workshop. Main suggestion is one on HACCP. (We could try to get support from US AID on this one or the Gates Foundation if the subject would be Nutrition for Women.

It was agreed that the meeting was a good one and that a number of projects should be developed from it.

Regards,

*Charles H. Manley, Ph.D.*  
*Vice President, Science and Technology,*  
*Takasago International Corp. (USA)*  
*4 Volvo Drive, Rockleigh, NJ 07648*  
*Tel 201 784 7305 Fax 201 784 7292*  
*E-Mail = cmanley@takasago.com*  
*President- 1999-2000*  
*Institute of Food Technologists (IFT)*



## **(VI) News from Members' Professional Activities and Achievements**

### **(1). Celebration of the 20th Anniversary of the International Workshop on Rapid Methods and Automation in Microbiology at Kansas State University**

*Daniel Y. C. Fung, Ph. D., IFT Fellow*  
*Professor of Food Science and Director of the Workshop,*  
*Kansas State University.*

It is a true honor to inform CAFS members that the 20th Anniversary of this international renowned workshop has been successfully completed. About 150 scientists from around the world and the USA went through the nine day intensive workshop interacting with leading experts in the field of applied microbiology. About 40 companies participated in the workshop with their newest systems, equipment, and information for the group. It was an exhilarating experience for all. Several CAFS members are alumni of this workshop. We have stuck a GOLD medallion for the event. If you are an alumnus and want a medallion please contact Fung directly. The 21st workshop will be from July 6 to 13, 2001 and the 22nd workshop will be from July 12 to 19, 2002 at Kansas State University, Manhattan.

## **(2). Official Opening of the 19th Research Centre, Guelph**

The Federal Minister of Agriculture & Agri-Food Canada, Mr. Lyle Vanclief, officially opened the new facilities of the Food Research Program in Guelph on June 22, 2000. Invited speakers included the Mayor of Guelph, the Vice-President of Research of the University of Guelph, the Deputy Minister of the Ontario Ministry of Agriculture, Food and Rural Affairs, and Brenda Chamberlain, the local MP. During his speech, Minister Vanclief announced that this Centre is the new 19th Research Centre of the Research Branch. Following a ribbon-cutting ceremony and lunch, the 70 guests were given a tour of the new facility. An Open House was held on June 19, 2000 as part of the celebration of the official opening of the new facilities of the Food Research Program in Guelph. More than 100 people from other federal establishments, the University of Guelph, the Ontario Ministry of Agriculture Food and Rural Affairs, and the agri-food sector toured the facility, met staff and learned about the research program. For more information, please contact the **Director, Greg Poushinsky, (519) 829-2400, Poushinskyg@em.agr.ca**

Minister, Mr. Lyle Vanclief, also visited Dr John Shi's Value-Added Food Processing Laboratory, and gave him encouragement on his ongoing research project on new product development of nutraceuticals and functional foods (photo in page 30).

## **(3). International Academy of Food Science and Technology (IAFoST)**

*Daniel Y. C. Fung, Ph. D.*

*Fellow of IFT*

*Fellow of IAFoST*

*Fellow of American Academy of Microbiology*

*Professor of Food Science and Director of the Workshop,*

*Kansas State University.*

International Union of Food Science and Technology (IUFoST) in 1997 has established the International Academy of Food Science and Technology to promote excellence in global advancement of Food Science and Technology. The Academy elected 60 outstanding food scientists around the world as the "Founding Fellow of the Academy". Daniel Y. C. Fung, a past president of CAFS, is among this Distinguished Group. Each year only 15 people will be elected to membership from around the world. Let us promote more CAFS members to be included in this outstanding Academy.

## **(4). Soybean Trip to Mexico**

On June 20-23, Keshun Liu was invited by American Soybean Association to attend the III Latin American Congress on Role of Soy Protein in Preventing and Treating Chronic Diseases and to present a lecture entitled "Current Constraints of Soybean Food Utilization and Efforts to Overcome Them". The meeting was held at Mexico City.

## **(5). HKFSTA Activity - Fresh Food Centre Visit, Junk Bay**

On June 10, over 40 HKFSTA members and non-members has participated the visit to Welcome's Fresh Food Centre organized by the Association. Welcome's Fresh Food Centre is located in Junk Bay, having a total area of 15,000 square meters and over 400 staff. According to Ms. Patricia Leung, Technical Services Controller of Welcome Company Limited, the Centre is established in 1998. It is mainly for processing various kinds of fresh and frozen food, including frozen seafood and cheese products, fresh and processed meat, vegetables and fruits, and etc. Products are supplied to 239 shops, as well as several hotels and fast food shops. Ms. Leung added, "the Centre has a unique multi-temperature and humidity system which manages four warehouse with different temperatures (4-14°C). The newly installed



inventory control system can accurately decide. As to the aspects of sanitary, both traditional hygiene management system and HACCP program are applied. For quality assurance, Welcome usually sign contract with materials suppliers in order to assure the final product quality." After the visit, participants enjoyed the tea buffet in the New World Renaissance Hotel.

## **(VII) Management Experience**

*Editor's note: It is great that more and more of our CAFS members are becoming Project Leaders, Supervisors, Managers, VP, R&D Directors, Department Chairs, Executive Committee Members, etc. How to be a good manager? I hope senior managers will share their experience with all members, especially to help young managers follow the right path and attain success. The follows are some interesting experience and idea for your reference. --- John Shi*

### **(1). The Concept of "Value Chain", "External Staff" and "External Processes"**

"Value Chain" is a term in operation and supplier management. Operation activities are processes that add value to their end product of each process. The value created by our suppliers and strategic partners are important because it is the input of our value chain which will surely affect the quality of our output/end product. Therefore, we must view some important suppliers and strategic partners as "External Staff" and the outsourcing processes as "External Processes". (For premium service subscribers, please refer to my electronic book "Macro-Reengineering & Database /Relationship Marketing".)

#### **(a). Identify the "External Processes" and "External Staff"**

Many people complain about the effect of outsourcing because they cannot identify and manage the "External Processes". "External Processes" are the ones that include some significant and critical tailor-made elements which require a lot of communication and co-ordination between your operation people and your supplier and strategic partners. Apparently, "External Processes" are not standard processes which are easy to manage. When you outsource the training activities, you want the training consultants to tailor their services based on your company's need and business strategy, that is a critical "External Process". When you look for a strategic partner for product and market development, you just expect them to have similar direction of yours and to compensate your weaknesses, that is a critical "External Process".

"External Staff" are those who have regular contact with you and are actually serving you in the "External Processes". They are usually not the decision makers or top managers but their performance has significant impact on your "Internal Processes". In such situation, there should be two teams of concern. One is the external process team in the supplying company, whose mission is to effectively complete the operation of the external process in consideration of the need in the internal process. Another is the internal process team in the buying company, whose mission is to support the external process team so that they can produce effective output as required. Thus, it requires joint leadership in the management of the processes.

#### **(b). Joint Leadership in Process Management**

The buying company should officially appoint an internal process leader, though sometimes an informal leader may work. The supplying company should also have an external process leader. The two leaders should join force in:

- mutually supporting the two teams.
- negotiating for the operational details and process integration.

- solving problems.
- resolving conflict
- handling emergency and crisis

Common Mistake in Supplier and Strategic Partner Management - Lack of commitment and discrimination. The world is full of people who are lack of commitment. We must show our commitment if we are serious about our business. One of the important task of the process leaders is to encourage commitment and process improvement. We should also view our suppliers and strategic partners in an equal position.

## (2). Loyalty or Skills and Creativity

A news headline reads "Loyalty comes before skills and creativity - Employers increasingly wary of 'job-hoppers'". This is the comment made by the boss of an information technology consulting firm. I believe this employer has downplayed the human resources management function and thus has lost confidence in retaining talents. Loyalty, skills and creativity are equally important in the new economy. None of these factors should be concessionary. Any concession may just reflect the company's weakness in the related management function. Furthermore, there are too many companies which are excited with the job candidates qualifications and experiences during employment but neglect their staff's strengths after appointment.

Can Money Buy Talents and Loyalty? You may always find some recruitment advertisements with following or similar remark: "Those with an existing compensation package below \$1M p.a. are not likely to meet our requirements." In many occasions, even headhunting firms which are experts in hunting talents make such unwise remark. Following is my answer to the captioned question and my comment on talents and talents acquisition: Money can only buy talents' time. It is your management skills that make talents applicable in and loyal to your company. If you can buy talents, your competitors can do so. The definition of talents is relative and dynamic. The only absolute talent is the talent to discover, recognize, manage and develop talents. Real talents would hate to get involved in office politics and would easily be isolated in an office of complicated political environment. Talents tend to think and behave differently. They pursue continuous improvement, They are creative, easily frustrated and are usually envied by the common people usually because of the distinguishable position and the resources deployable. There is a Chinese proverb saying that "Only those incapable people will not be envied". (This is true in general but it also reflects that talents are greatly envied in the Chinese community.). Talent should not be defined by qualification or experience. You must define it by yourself. Such definition of talent greatly depends on your management and organization skills. Talents are not easy to get job satisfaction because of their high expectation (not only for compensation).

Due to companies' weakness in talents definition and management, there are usually a significant number of unrecognized talents in the job market. Talent recognition is marketable. The marketing cost is usually borne by the employers. If you can accept only the commonly recognized talents, you then have to bear such marketing cost. Then your talents acquisition cost will be high. Only a few real market leaders with the highest profit margin in the industry can afford to recruit and retain commonly recognized talents by money. As common people, talents need respect from other people. Three Main Options of Talents Acquisition, basically, you may acquire talents by:

- discovering those neglected and unrecognized talents and treat them as talents. (If you can recognize them but don't treat them as talents. They will surely quit later.)
- always paying more to compete for the recognized talents.
- developing talents that fit into your organization.

The first and the last options are the ones that I would suggest in most of the cases.



## **( VIII ) Science and Technology Corner**

### **(1). Lycopene – A natural strong anti-oxidant from tomatoes**

*John Shi, Ph. D.  
Research Scientist  
Food Research Center  
Agriculture and Agri-Food Canada, E-mail: shij@em.agr.ca*

#### **What is lycopene?**

Lycopene is one of a family of pigments called carotenoids, which occur naturally in fruits and vegetables. Numerous studies suggest that lycopene may actively inhibit the development of prostate, digestive tract, breast, lung and cervical cancer as well as cardiovascular disease and age-related macular degeneration - the most common form of blindness for elderly people in the western world. Lycopene, are internal bodyguards that protect human cells from free radicals – highly reactive oxidized molecules that damage the body's cell membranes and attack the DNA. The degenerative effect of free radicals, also known as "oxidative stress," is a main culprit of heart disease, cancer and aging. Free radicals can also oxidize LDL and promote blockages in the arteries. Other damaging effects of free radicals include joint deterioration and nervous system degradation.

#### **Studying lycopene in the human body**

The study investigated the effect of supplementing the diet with lycopene on LDL oxidation in 19 healthy people. Dietary lycopene was provided using tomato juice, spaghetti sauce, and tomato oleoresin (a concentrated extract of lycopene from tomatoes) for a period of one week. Blood samples were collected at the end of each treatment and measured for LDL cholesterol oxidation. In other words, regular consumption of moderate amounts of tomato juice can prevent coronary heart disease risk. In recent years, a number of research studies have indicated that a lycopene-rich diet lowers the risk of certain chronic diseases such as cancer and heart disease. Numerous studies suggest that lycopene may actively inhibit the development of prostate, digestive tract, breast, lung and cervical cancer as well as cardiovascular disease and age-related macular degeneration – the most common form of blindness for elderly people in the western world.

#### **Does it prevent cancer?**

Cancer risk is determined by many factors, however diet is an important one. The importance of eating fresh and processed fruits and vegetables as part of a healthy diet has been well recognized for some time. Tomatoes and tomato products, proven to be rich in lycopene - a powerful anti-oxidant that picks up free radicals in the body - can play a key role in that process. Lycopene is an anti-oxidant that once absorbed by the body, helps to prevent and repair damaged cells. Anti-oxidants are compounds that fight free radicals in the body and have been shown to inhibit DNA oxidation that can lead to some cancers. The human body does not produce lycopene, but it's readily available through the diet. Minor sources include guava, rosehip, watermelon and pink grapefruit, but about 85% of dietary lycopene comes from tomatoes and tomato products such as juice, soup, sauce, paste and ketchup. Research confirms that lycopene from tomatoes is absorbed much better into the bloodstream if it is first processed. As lycopene levels in the blood increase, the levels of oxidized compounds decrease. Growing medical evidence attributes high intake of lycopene-rich tomato products with reduced risk of cancers of the lung, breast, prostate, cervix and digestive tract. For instance, eating tomato products regularly has been found to

decrease the risk of cancer of the digestive tract among Italians. Lycopene may also help to prevent macular degenerative disease, the leading cause of blindness in people over the age of 65.

### **What proof is available that lycopene has these benefits?**

In recent years, a number of studies have indicated that a lycopene-rich diet lowers the risk of certain chronic diseases such as cancer and heart disease. As lycopene levels in the blood go up, the levels of oxidized lipoprotein, protein and DNA compounds go down. This, in turn, helps to lower the risk of cancer and heart disease. A study of 48,000 men by Harvard Medical School estimated that consuming tomato products twice a week, as opposed to never, was associated with a reduced risk of prostate cancer of up to 34%. Of 46 fruits and vegetables evaluated, only tomato products showed a measurable relationship with reduced prostate cancer risk. Research conducted into breast, lung and endometrial cancer at Ben Gurion University and Soroka Medical Center in Israel shows that lycopene is even more effective than its  $\alpha$ - and  $\beta$ -carotene, in causing a delay in the cell cycle progression from one growth phase to the next. Another study, conducted by the University of North Carolina, compared fat samples from 1,379 American and European men who had suffered a heart attack with those of healthy men. It found that those with high levels of lycopene were half as likely to have an attack as those with low levels. Age-related macular degeneration (ARMD) is the most common form of blindness for elderly people in the western world. Lycopene is the only micro-nutrient whose serum level is shown to be inversely related to the risk of ARMD.

### **Lycopene helps reduce the size of malignant tumors**

A new study conducted by Dr. Omer Kucuk, Professor of Medicine and Oncology at Wayne State University in Michigan, and the Karmanos Cancer Institute, assumes that a lycopene-rich diet deliver benefits that might help prevent prostate cancer, the leading form of cancer among North American Men. This research aimed at evaluating the effects of lycopene on patients with prostate cancer. Dr. Kucuk's study involved 30 men with prostate cancer scheduled for surgical removal of the prostate. During three-week period prior to surgery, participants were randomly selected to receive 15 milligrams of lycopene (pure tomato extract) twice daily. Following surgery, the tissues were analyzed to determine any differences between the two groups. Dr. Kucuk's study showed that tumors in the group of patients who were treated daily with lycopene were smaller than those who did not receive any treatment. It also showed that serum levels of PSA decreased on patients who consumed lycopene. In addition, tumors in these patients showed regression and decreased malignancy, suggesting that lycopene may not only help prevent, but also assist in treating prostate cancer.

The results of another in vitro study conducted by Dr. Frederick Khachik at the University of Maryland have suggested that lycopene and its metabolite found in tomatoes and tomato-based food products can serve as chemopreventive agents in the prevention of cancer. In this study, which has revealed several mechanisms of chemoprevention by carotenoids, lycopene has been shown to possess excellent anti-inflammatory and anti-oxidant properties. Mechanistic studies have also revealed that a metabolite of lycopene found in tomato products and in human serum can inhibit genetic damage more effectively than lycopene by increasing the expression of gap junctional communication proteins.

### **Processed tomato products help reduce risk of cancer and heart disease**

Foods made from processed tomatoes - such as tomato ketchup, tomato soup and tomato juice - are being hailed for their role in reducing the risk of cancer and heart disease. More and more evidence is emerging for the health benefits of lycopene, a dietary carotenoid found in high concentrations in processed tomato products. Lycopene is a natural pigment which gives tomatoes their red colour. Although present in fresh tomatoes, lycopene is much more efficiently absorbed into the bloodstream when the tomatoes have been processed.



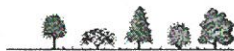
Like its better known cousin beta-carotene, lycopene is an anti-oxidant. Anti-oxidants are compounds which fight cell-damaging free radicals in the bloodstream and are therefore associated with reduced disease risk. Already two major epidemiological studies suggest that a lycopene-rich diet delivers benefits in terms of heart disease and prostate cancer risk reduction. A six year study of 48,000 male health professionals conducted by Harvard Medical School found that consuming tomato products more than twice a week, as opposed to never, was associated with a reduced risk of prostate cancer of up to 34 per cent.

Meanwhile, another study conducted by the University of North Carolina compared 1,379 American and European men who had suffered a heart attack with the same number of healthy men found that those with high levels of lycopene appeared to be protected against the disease with about half the risk. There is also a hypothesis that lycopene may halt the onset of macular degeneration disease which is the major cause of blindness in people over 65.

All the evidence suggests that lycopene is a significantly more powerful anti-oxidant than  $\beta$ -carotene. Research conducted into breast, lung and endometrial cancer, by Drs. Yaov Sharoni, Joseph Levy in Ben Gurion University and Soroka Medical Center shows that lycopene is even more effective than  $\alpha$ - or  $\beta$ -carotene in causing a delay in the cell cycle progression from one growth phase to the next. Lycopene is not produced by the body at all but its benefits can be obtained through the diet. Lycopene is much better absorbed into the bloodstream when the tomatoes have been processed into ketchup, soup, juice, sauces and other products. Lycopene in tomatoes is converted by the temperature changes involved in processing. The chemical conversion allows the body to absorb it more easily.

### **Research confirms tomato juice protects against atherosclerosis and coronary heart disease**

Lycopene, a carotenoid found in tomato products, prevents oxidation of low density lipoprotein (LDL) cholesterol and reduces the risk of developing atherosclerosis and coronary heart disease according to a recent study published in the October 1998 issue of *Lipids Journal*, a premier medical journal. Coronary heart disease is one of the leading causes of death in North America. Epidemiological, clinical and biochemical studies convincingly indicate that higher levels of oxidized low density lipoprotein (LDL) cholesterol (often referred to as "bad" cholesterol) are associated with an increased risk of developing atherosclerosis. Lycopene is a very effective anti-oxidant in the fight against LDL cholesterol oxidation and its associated health risks. The tissue and serum levels of lycopene are inversely related to the risk of developing coronary heart disease.



### **(2). Osmosis Offers A Nutritious Alternative --- Food scientists find a more effective method of food dehydration**

*Hendrik Kahar and Laura Levac*  
*News Reporters of Guelph City Newspaper < Guelph Mercury >*

Improved nutritional quality in dehydrated fruits and vegetables is the key to the development of a food dehydration and preservation technique called superior osmotic treatment. The technique, being developed by food scientists, Dr. John Shi (Agriculture and Agri-Food Canada) and Dr. Marc Le Maguer (University of Guelph), retains nutrition and taste, and uses less energy than conventional dehydration methods. They're working to perfect the technology as an alternative to hot-air drying and canning. The technique's most significant feature is its ability to protect the nutritional content of food that can be lost through oxidation and degradation which occurs during processing. Although osmotic dehydration is not new, the Guelph team is the first to apply it to food processing.

“Superior osmotic treatment will bring better tasting -- and more nutritious -- dried foods to supermarket shelves,” says Shi. “We are currently working to ensure maximum nutrition retention for dehydrated foods” This method of dehydration draws water out of food by osmosis. Because water comes out of the food at room temperature, superior osmotic treatment doesn’t use a lot of energy, like hot-air drying. As well, it extends shelf-life without affecting taste, texture and color, also a downfall of hot-air drying. And while water’s taken out of foods, valuable nutrients stay in. “Other drying methods can lead to vitamin and nutrient losses,” says Shi. “Because osmotic treatment is operated at room temperature, almost all nutrients, including those sensitive to heat, are retained and the concentration of these nutrients is increased.”

For example, tomato products dehydrated by osmosis have more than five to eight times the nutrient content of fresh tomatoes. One of these valuable nutrients is lycopene, the pigment responsible for the red color of ripe tomatoes. Lycopene is an antioxidant thought to neutralize harmful substances that can cause cancer and cardiovascular disease. Osmotic treatment allows for higher lycopene retention in tomatoes than conventional dehydration. Growing consumer interest in nutraceutical and functional foods such as tomato based products makes Shi and Le Maguer’s process particularly attractive.

This technology is currently being used in the food industry in Europe, Asia, South America, and the United States. In Canada, there has been an increase in demand for this new technology amongst frozen vegetable companies. Shi and Le Maguer have published several research papers and have presented their findings at conferences at both the Canadian Institute of Food Science and Technology (CIFST) and at the Institute of Food Technology (IFT) in the U. S. They have also been invited to host a number of workshops in Europe and have registered a patent for their technology in Canada. To facilitate the exchange of views and information among other researchers, Shi has set up a web page at <http://www.uoguelph.ca/~odmlm>. Every week, researchers from North America, South America and Asia exchange information on this website.

This research is sponsored by the Natural Sciences and Engineering Research Council (NSERC), Agriculture and Agri-Food Canada (AAFC), and Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA).

\* This article was published in the magazine “*Research*”, Vol. XV, No. 1, Spring 2000.



## ( IX ) Publication Plan

### (1). Newsletter Team

Newsletter Team Coordinator: John Shi

The newsletters will be published four issues in the 2000/2001 year.

- Newsletter September/2000 Issue (edited by John Shi, Research Scientist, Food Research Center, Agriculture and Agri-Food Canada), E-mail: [shij@em.agr.ca](mailto:shij@em.agr.ca)
- Newsletter December/2000 Issue (Special issue for Christmas (edited by Steven Pao, Research Scientist, Florida Department of Citrus), E-mail: [spao@citrus.state.fl.us](mailto:spao@citrus.state.fl.us)
- Newsletter February/2001 Issue (Special issue for Chinese New Year) (edited by Chun Yang Wang, Associate Professor, Department of Food and Nutrition, South Dakota State University), E-mail: [CY\\_Wang@sdstate.edu](mailto:CY_Wang@sdstate.edu)
- Newsletter April/2001 Issue (edited by Zulin Shi, Senior Research Scientist, Flavors Group Leader, Bioproducts, Inc., Illinois), E-mail: [shiz@bioinc.com](mailto:shiz@bioinc.com)



## **(2). Website Team**

Andrea Stange (Project Leader, Fiber Sales & Development Corp., Missouri), E-mail: asustange@yahoo.com

## **(3). Membership Directory Editor**

Kenny Chuang (Risk Management Technologist, Technical Operation Center, United Distillers and Vintners North America, Illinois), E-mail: Kenneth.Chuang@udvna.com



## **( X ) Job Position Announcements**

(1). The Departments of Food Science and Microbiology, Univ. of Guelph are seeking applications for the position of Assistant Professor in Industrial Microbiology. This position is to fill a vacant tenure-track position and persons with expertise in microbial fermentation and/or applied physiology and genetics of micro-fungi are of particular interest.

(2). The Department of Food Science at the University of Arkansas is seeking a Head and Professor.

### **(3). FLAVOR CHEMIST**

Department Name: Taste Technology; Supervisor's Functional Title: Director, Taste Technology; Job Location: S & T Center; BASIC OBJECTIVE: Responsible for supporting the global development of new and improved palatability systems and the optimization of existing product performance and cost. Identification and development of new taste systems; and, identification and development of new, cost effective ingredients. This will require knowledge of Flavor Chemistry including composition, functional properties, interactions and stability. This individual will be a source of state-of-the-art Flavor Chemistry (ingredient and product) for Food Scientists. Research Veterinarians, Nutritionists, Package and Process Engineers and Operations in improving company product leadership and enhancing customer value. This individual consults with Product Development scientists to ensure that projects meet palatability goals. Essential job functions:

1. Develop new and improved palatability systems that enhance product performance.
2. Identify and introduce taste, aroma, ingredient and product technologies having practical, beneficial applications.
3. Support development of new and improved products, from concept to commercialization, which enhances company's competitive position as market leader in small animal nutrition.
4. Establish and maintain solid worldwide relationships with ingredient suppliers and academicians in order to utilize state-of-the-art technology.
5. Act as team leader and/or team member of cross-functional teams to introduce new and improved products and technologies.
6. Use innovation and creativity to advance state-of-the-art taste technologies through the development and implementation process.
7. Deliver innovative technologies that contribute to the sustained growth of domestic and international markets.
8. Favorably represent S&T and the company at scientific and technical meetings.
9. Plan and manage project budgets. Work closely with S&T leadership, finance department and department managers to ensure project costs and schedules are properly estimated and controlled.

10. Critically analyze competitive technologies (on a global basis) and recommend appropriate response.
11. Promote and sustain effective working relationships with other departments and personnel that support a shared vision.
12. Present new technology to company's associates.
13. Recommend equipment and apparatus needed to effectively carry out duties.
14. Other duties as assigned.

Other requirements:

1. Advanced degree in Flavor Chemistry or equivalent with 5+ years experience in food industry/academia.
2. Extensive knowledge of chemical composition and functional properties of ingredients used in nutritional human/pet foods.
3. Expertise in product stability and shelf life.
4. Knowledge of product stability and commercialization.
5. Basic knowledge of nutrition from an applicant perspective.
6. Strong project management skills.
7. Excellent communication skills (written and oral) and strong technical writing skills.
8. Excellent interpersonal and team skills, which foster working relationships throughout the company and outside groups.
9. Record of successfully completed projects.
10. Strong analytical, problem solving and conceptual skills.



## About CAFS

The Chinese American Food Society (CAFS) was founded in 1975 by a group of Chinese food science professionals residing in North America, with a mission to promote advancement of food science and technology through common cultural and scientific interests. With years of efforts, CAFS has now grown to be an organization of more than 300 members, including life members, regular members, and student members. There is a high level 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 grow better and stronger.

## How to Join CAFS?

It is as easy as ABC. Just fill out the application form at the back of this newsletter. Then, along with your annual due payment by your check payable to CAFS, send it to:

Dr. Albert Hong  
491 Stainwood Terrance  
Buffalo Grove, IL 60089, USA

The CAFS welcomes you to join in anytime! The sooner, the better.



## **Website for CAFS**

A CAFS website has been created for you to access via Internet. The web address is <http://www.griffin.peachnet.edu/cafs>

Anyone is welcome to visit the website. Even if you are not a member, you can still access to most information on the site, and can even sign up for joining the society.

## **Statement of Position**

The Chinese American Food Society (CAFS) is a non-political and non-profit organization dedicated to the scientific and professional betterment of its members. The members of CAFS wish to interact with all scientists based on common cultural and scientific interests. CAFS takes no political stand or preference. Selection of materials for all CAFS publications is based solely on the scientific content and general interest. Any inadvertent connotation should not be deemed as the official position of CAFS.

( XI )

### 2000 CAFS Membership Dues

(For the Fiscal Year of January 1 to December 31, 2000)

Name (English & Chinese): \_\_\_\_\_  
(Individual member or representative of corporate member, as you wish this appear in the membership directory)

Professional Affiliation: \_\_\_\_\_

Business Address: \_\_\_\_\_

Telephone No.: \_\_\_\_\_ Fax No.: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Residence Address: \_\_\_\_\_

Telephone No.: \_\_\_\_\_ Fax No.: \_\_\_\_\_

Preferred Correspondence Address: \_\_\_\_\_ Business or \_\_\_\_\_ Residence

Present Position and Areas of Interest/Specialization: \_\_\_\_\_

\_\_\_\_\_ Active Member (\$20) \_\_\_\_\_ Associate Member (\$20)

\_\_\_\_\_ Student (\$10)

\_\_\_\_\_ Life Member (\$300; payable only once)

\_\_\_\_\_ Corporate Member (\$250)

Total Amount Enclosed \$ \_\_\_\_\_ (Please make check payable to Chinese American Food Society)

Member's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Membership Verification: \_\_\_\_\_

Name of University: \_\_\_\_\_ Faculty Tel. No: \_\_\_\_\_

Faculty Name & Title: \_\_\_\_\_ Faculty Signature: \_\_\_\_\_

Please return this form with payment to:  
Chinese American Food Society  
P.O. Box 161  
Palatine, IL 6007  
U. S. A.



## Great Society! Wonderful Banquet, and Lively Evening Party in Dallas!

--- photos taken by Cathy Ang, Hongda Chen, Andrea Stange.



CAFS Presidents with IFT President and representatives of China, Taiwan and Hongkong



CAFS Committee Members(2000/2001)



Awards for Jit Ang and Fu-Hong Hsieh



Student Awards



Some CAFS Senior Members



At Banquet







Professor Moy sang song "Tinny Bubble".



Student Workshop



Ms. Andrea Stange gave a talk on Student Workshop



At Banquet



Minister visited John Shi's "Value-Added Processing Laboratory".





### **( XIII) Acknowledgements**

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- School of Engineering, University of Guelph, Ontario, Canada
- Department of Computing and Information Science, University of Guelph, Ontario, Canada
- Department of Human Biology and Nutrition Science, University of Guelph, Ontario, Canada
- Guelph Chinese Culture Association, Guelph, Ontario, Canada
- Chinese Culture Group, Multi-culture Committee, Guelph City Council, Ontario, Canada