



# Chicago Section IFT the First Section



## Chicago Sections IFT's 51st Fred W. Tanner Lecture

Abstract: Translating Nutrition Science to Dietary Guidelines

Connie M. Weaver, Ph.D.

Distinguished Professor

Department Head

Nutrition Science, Purdue University

[weavercm@purdue.edu](mailto:weavercm@purdue.edu)

The Dietary Guidelines for Americans is revised every 5 years by the U.S. Departments of Agriculture and Health and Human Sciences. The guidelines give advice on diet and exercise that promote health according to evidence-based science and propose food patterns that meet the nutrient recommendations set by the Institute of Medicine.

Dr. Weaver's research determined calcium intakes that optimize bone calcium accretion during puberty and identified underlying mechanisms and regulators. This work was used to determine calcium requirements for adolescents in North America since 1997 which in turn influenced the Dietary Guidelines and Surgeon General's report on bone health. Her research group also determined calcium absorption from food sources, fortified foods, and dietary supplements.

One study led to the adoption of calcium fortified soy beverage as an alternative to milk. She is now the Deputy Director of the Indiana Clinical and Translational Sciences Institute and the Women's Global Health Institute which stimulate translation of discoveries into practical applications.