



Chicago Section
Institute of Food Technologists



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52nd Tanner Lecture Recap May 2014

Chicago Section IFT awarded the 52st Fred W. Tanner Lecture Award to Dr. John Erdman, Emeritus Professor of Food Science and Human Nutrition, Professor of Internal Medicine and Professor of Nutrition at the University of Illinois at Urbana, Champaign.



Dr. Erdman is a world-renowned expert in nutritional and physiological biochemistry of both animals and humans. His research has been focused primarily on the importance of lycopene and its precursors on cancer risk and tumor behavior, and his work specifically addresses the influence of carotenoids and soy on health and well-being. He has authored over 180 original research articles and over 350 total publications.

He is past President of ASN, and Fellow for the American Society for Nutrition, the American Heart Association, and the IFT. He is also a past President of the American Society for Nutrition. He has served on numerous committees for the Institute of Medicine, and the National Academy of Sciences. For his extensive contributions to the advancement of sciences, he was named as Lifetime National Associate of the National Academy of Sciences in 2001.

Dr. Erdman has received many awards from professional organizations including Samuel Cate Prescott Award for Research from IFT, William Cruess Award for Teaching from IFT, and Borden Award from American Society for Nutrition. Dr. Erdman is past Executive Director of the Mars Science Advisory Council and is currently executive Director of the Wrigley Science Advisory Council.

The title of the Tanner Lecture was “Does Processing Foods Impact Cancer Risk?” World-wide, cancer continues to be the primary cause of non-infectious disease mortality. It is generally assumed that environmental factors, including diet choice, accounts for a third or more of cancer risk. Because differential food processing operations are used to convert raw materials into final food products, one might ask whether choice of processing techniques or selection of types of processed foods increases or decreases the risk of cancer.

Thermal processing of raw materials offers many benefits including, removal of unwanted components, protection from microbial hazards and enhancing the bioavailability of some important nutrients. However, excess heating (grilling and broiling) can produce carcinogens. Consumption of fruits,



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vegetables and whole grains are associated with less cancer risk due to their content of anti-cancer nutrients and bioactive food components.

Dr. Erdman presented some of his research results on dietary factors that reduce prostate cancer risk, including tomato, broccoli, soy and their bioactive components. With extensive research data support, Dr. Erdman provided some recommendations on healthy dieting.

The Tanner Lecture was very well received. About 120 audiences from food industry, universities, and government agencies attended the Lecture. As a long-standing tradition, CSIFT presented the 52st Tanner Lecture award plaque with an honorarium check of \$2,000, as well as a Chicago photo book to Dr. Erdman.

