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NATIONAL

C-FAR

THE NATIONAL COALITION FOR
FOOD & AGRICULTURAL RESEARCH

CAN STAPLE FOOD CROPS REDUCE THE INCIDENCE
OF CHRONIC DISEASES IN HUMANS?

DRY EDIBLE BEANS CAN REDUCE CHRONIC DISEASES
IN HUMANS AND IMPROVE HUMAN NUTRITION

October 16, 2015
PROGRAM

Welcome and Introduction

BEV PAUL
NATIONAL C-FAR REPRESENTATIVE

Distinguished Speaker

DR. MARK BRICK
DEPARTMENT OF SOIL AND CROP SCIENCES
COLORADO STATE UNIVERSITY

Open Forum

Closing

BEV PAUL

NATIONAL C-FAR IS a nonprofit, nonpartisan, consensus-based and customer-led coalition that brings food, agriculture, nutrition, conservation and natural resource stakeholders together with the food and agriculture research and extension community, serving as a forum and a unified voice in support of sustaining and increasing public investment at the national level in food and agricultural research, extension, and education. For additional information, go to www.ncfar.org; or contact Tom Van Arsdall, Executive Director, at tom@vanarsdall.com.
ABSTRACT
Pulse crops, including dry edible beans, are rich in protein, minerals, vitamins and dietary fiber. They are also known to lower blood cholesterol, reduce the risk of colorectal cancer, obesity, diabetes, and cardiovascular disease. Thus there is an interest in breeding to improve bean varieties for enhanced human health and nutritional value. Dr. Brick will present research results that show that dry edible beans can reduce the incidence of mammary cancer, alleviate obesity and show a dose dependent responses using preclinical animal models. He will also show that modern genomic technologies can identify genes that control dietary fiber, which will provide plant breeders tools to improve beans for human health. In summary, these findings demonstrate that modern genomic tools will allow plant breeders to develop staple food crops with improved human health benefits.

SPEAKER BIOGRAPHY
Mark Brick, Ph.D is a plant breeder and geneticist at Colorado State University and is a Past President of the Crop Science Society of America. He has been involved breeding dry beans for over 30 years and has released 22 dry bean varieties or germplasm lines. He is recognized as an expert in health beneficial properties of grain legumes and their nutritional value. He and his colleagues at Colorado State University have been awarded more than $3.5 million in grant support for their research on dry beans. His work has revealed the cancer preventative properties of beans and other pulse crops and is part of the “Crops for Health” research group at Colorado State University.
SEMINAR SERIES DESCRIPTION

National C-FAR’s Seminar Series regularly presents leading-edge researchers to address pressing issues confronting the public and Congress. National C-FAR and the Seminar Series serve as a resource to policymakers and staff.

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