

Dr. JERZY ZAWISTOWSKI

**University of British Columbia
Faculty of Land and Food Systems
Foods, Nutrition and Health
2205 East Mall
Vancouver, B.C., Canada, V6T 1Z4
Tel: (604) 882-9449 Fax: (604) 822-5143
Web Site: www.landfood.ubc.ca
E-mail: jzawisti@shaw.ca or jzawisto@interchange.ubc.ca**

Dr. Jerzy Zawistowski is a Coordinator of Master Food Science Program at the Foods, Nutrition and Health Department of University of British Columbia as well as Adjunct Professor with this University. Until currently (May 2008), he was a Vice President of Functional Foods and Nutraceuticals at the Forbes Medi-Tech Inc., Vancouver, BC. His responsibilities include research and development in discovery of new natural health products as well as technology and product development in the field of functional foods and nutraceuticals. Currently he teaches "International Food Law and Regulations" at the Food, Nutrition and Health, Food Science Program of University of British Columbia. He is also an Adjunct Professor with the Department of Food Science, University of Manitoba where he has been teaching and conducting research related to food biotechnology for about ten years prior joining Forbes Medi-Tech in April, 1998

He has authored and co-authored over 72 scientific papers, book chapters and patents. He has presented over 155 scientific papers and invited lectures at national and international conferences and meetings in Canada, USA, Asia and Europe. Dr. Zawistowski has organized and taught numerous short courses and workshops on functional foods as well as food safety and regulations. He currently teaches the course on Functional Foods and Bioactives at the Mediterranean Institute of Agronomy in Chania, Crete, Greece. He also co-teaches the Functional Foods course at the University of British Columbia, Vancouver, Canada.

He is a member of several professional food associations including Institute of Food Technologists and American Oil Chemist's Society.

Dr. Zawistowski is a Chairman of the Western Canadian Functional Foods and Nutraceutical Network (WCFN).

Selected Publications and Conference Papers:

Zawistowski, J. Functional Food and Nutraceutical Regulations in the EU and South-East Asia. American College of Nutrition 50th Annual Meeting, October 2009, Lake Buena Vista, Fl., USA (invited talk)

Zawistowski, J. Threshold Evidence Required for Health Claims on Functional Foods. International Life Sciences Institute (ILSI) Brazil International Workshops on Functional Foods, June 2009, Sao Paulo, Brazil (Invited talk).

Zawistowski, J. Sterols and Heart Health. International Life Sciences Institute (ILSI) Brazil International Workshops on Functional Foods, June 2009, Sao Paulo, Brazil (Invited talk).

Zawistowski, J. Regulations of Functional Foods in European Union and Selected Countries of Pacific Rim. Annual Meeting of the Institute of Food Technology Conference, June 2009, Anaheim, California, USA (Invited talk).

Zawistowski, J. 2009. Tangible health benefits of phytosterol functional foods. In: Functional Foods Product Development. J. Smith and E. Charter (Eds). Blackwell Publishing Ltd. (In Press).

Zawistowski, J., Kopec, A. and Kitts, D.D. 2009. Relative effects of black rice extract (*Oryza sativa* L. *indica*) on cholesterol levels and plasma lipid parameters in Wistar Kyoto Rats. J. Functional Foods Nutraceuticals. 1(1):50-56.

Zawistowski, J. 2008. Regulation of functional foods in selected Asian countries in the Pacific Rim. In: Nutraceuticals and Functional Foods Regulations in the United States and Around the World. D. Bagchi (Ed.) Elsevier.

Monu, E., Blank, G., Holley, R. and **Zawistowski, J.** 2008. Phytosterol effects on milk and yogurt microflora. J Food Science. 73(3):121-126.

Vaikousi, H., Lazaridou, A., Biliaderis, C.G. and **Zawistowski, J.** 2007. Phase transitions, solubility, and crystallization kinetics of phytosterols and phytosterol-oil blends. J. Agric. Food Chem. 55:1790-1798.

Zawistowski, J. 2006. Food Regulations – health claims for foods fortified with carbohydrates or other nutraceuticals. In Functional Foods Carbohydrates. C.G. Billiaderis and M.S. Izydorczyk (Eds.) CRC Press.

Yoshida, M., Vanstone, C.A., Parsons, W.D., **Zawistowski, J.** and Jones, P. 2006. Effect of plant sterols and glucomannan on lipids in individuals with and without type II diabetes. European J Clinical Nutrition, 1-9.

Zawistowski, J. and Kitts, D.D. 2005. Reducol phytosterols approved in Europe for use in functional foods. Innovations in Food Technology. 26:66-68.

Zawistowski, J. and Kitts, D.D. 2004. Functional foods – A new step in the evolution of food development. Clinical Nutrition Rounds 4(4): 1-6.

Xia, M., Ling, W.H., Ma, J. Kitts, D.D. and **Zawistowski, J.** 2003. Supplementation of diets with the black rice pigment fraction attenuates

atherosclerotic plaque formation in apolipoprotein E deficient mice. *Journal of Nutrition* 133 (3): 744-751.

Hu, C., **Zawistowski, J.**, Ling, W.H. and Kitts, D.D. 2003. Black rice (*Oryza sativa* L. *Indica*) pigmented fraction suppresses both reactive oxygen species and nitric oxide in chemical and biological model systems. *J. Agric. Food Chem.* 51:5271-5277