

Boston University

OpenBU

<http://open.bu.edu>

BU Publications

BUSPH Alumni News

1987

SPH Alumni news: Spring 1987 no. 15

<https://hdl.handle.net/2144/26158>

Downloaded from DSpace Repository, DSpace Institution's institutional repository

Boston University

SPH Alumni News

Spring 1987

Number 15



Public Health Profiles

**ALAN BALSAM ('82) Nutrition Director
Somerville/Cambridge Elder Services**

We found Alan Balsam in his office in the basement headquarters of the Somerville/Cambridge Elder Services. SCES is located at 1 Davis Square, Somerville, adjacent to the site of the original Steve's Ice Cream. Alan's sight may be limited by the lack of windows in his office, but his influence extends beyond the four walls. Numerous citations (not traffic) and awards adorn the yellow plaster: There is the award from the Cambridge Community of Elders, Inc. in recognition of his support to all Cambridge Elders through SCES's nutrition program and other efforts at making life better for local seniors. But the one that caught our eyes was the Potato Board Nutrition Action Award for Outstanding Project in Nutrition Education 1983. Alan motioned to us to sit down in front of his desk which was well-papered, and bore this warning: A clean desk is the sign of a sick mind.

Those of us who knew Alan as a student remember that he is not quiet. Or passive. Alan speaks and speaks loudly, with a strong New York accent, which is remarkable since he was born and raised in Miami. His explanation is quite simple: Miami is the sixth borough of New York.

To trace the all natural roots of Alan's maturation in the nutrition field, we must

return to the days of yesteryear, when Alan started in the food business, first as a waiter when average tips were only \$.30 and then behind the swinging doors as a salad chef and cook. Besides filling souffles with hot air and arranging menus, he was organizing for Local 26, Hotel and Restaurant Workers Union, in Boston. He had been president of the union at Harvard for five years when a back injury forced him to reconsider his cooking career. Back to school he went and graduated from Framingham State in 1980 with an MS in food and nutrition. Just about this time, a group of inmates had sued the Suffolk County Sheriff to improve the facilities of the county jail. They won their case and Alan was hired as a nutritionist. Two of his tasks were to upgrade the food services and set up special diet programs for inmates at nutritional risk. He then went on to pursue his interest in public health and while at BUSPH, he found his present job.

Alan readily admits that he loves his work. His job is mostly administrative: managing the elderly nutrition services program for both Somerville and Cambridge. He has a budget of \$1 million, a staff of 35 and many satisfied customers. Current new projects include developing ethnic meals for Portuguese and West Indian elders. His job gratification comes not

only from doing his job well, but from the constant interaction with the elderly population.

There are several accomplishments of which Alan is most proud. He helped conceive the New Horizons New Nutrition Recipe Contest for Elderly which won the National 1983 Nutrition Action Award (Potato Board) and is now being held statewide in Mass. and four other states. He organized the Eastern Mass. Consortium of Elderly Nutrition Projects, a cooperative buying arrangement for elderly nutrition programs. This Consortium has saved the state and federal government over \$1 1/2 million. Last year, Alan and a group of other nutrition project directors were instrumental in getting the state to appropriate \$500,000 for meals for homeless elders. The better news is that it is in the budget again for this year, and hopefully for years to come.

Alan's education is not over. He is now at Tufts working on a PhD in nutrition which he expects to finish in 1988. His doctoral dissertation, "The Distribution and Determinants of Service Innovations in Elderly Nutrition Programs" has just been funded by the American Association of Retired Persons. And he is educating, having taught Food Sanitation and Safety at BUSPH for the past four years. Last summer, it was the highest rated course, receiving the best evaluations from students and we know how tough those students can be.

Student activists never deactivate and Alan has maintained his interest in progressive politics and more recently, Central America. In the fall, he went to Nicaragua on a fact-finding tour of food and nutrition issues. The group of 15 met with Ministry of Health and Education officials, as well as the local people, and toured public health hospitals, farm co-ops, and day care centers. They found a poor country, confounded in its efforts to improve food, nutrition, and health services by the need to divert resources to the war. Basic food stuffs were in short supply. Commodities such as oil and sugar were rationed. In spite of this, there was an emphasis on nutrition education

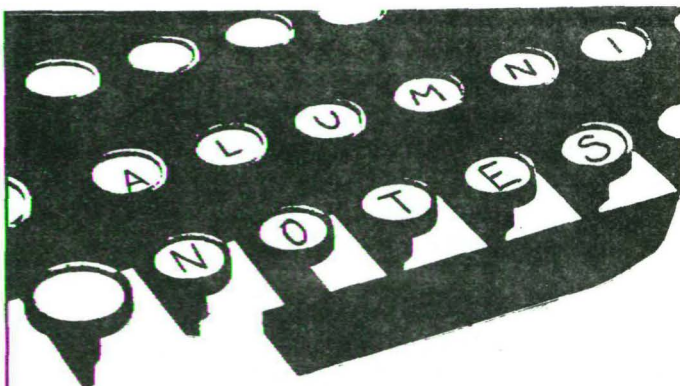
and pride in indigenous food production instead of the previous reliance on imports. Health centers were short on basic materials. For example, surgical gloves were sterilized and reused. The significant health care gains made after the revolution are being whittled away by the lack of resources. On his return, Alan organized meetings and talked with groups of nutritionists and others about his trip.

Locally, Alan is one of 14 members appointed to the Cambridge Health Policy Board (Board of Health) which also oversees Cambridge Hospital. He has been head of the MPHA Food and Nutrition Section for the last two years and is now on MPHA's Nominating Committee.

To get just a little personal, Alan has been married to Kimberly Heller for a hell of a long time- they've been together 14+ years. She is now a second year OB/GYN resident at Boston City Hospital. This means that Alan has more than his share of dog duty- the dog in question being Simone, a white West Highland terrier who is now four years old.

We left Alan once again on the phone with a nutrition emergency, and wished we could borrow some of his energy and enthusiasm. He loves what he does. He has not compromised his ideals. He has used his education, organizational skills and ability to mobilize people in diverse settings. And, like man, he is never never bored or boring.

We are in the beginning stages of planning a tenth anniversary celebration for the School for 1989. Organization activities will gear up this fall. If you are interested in serving on any committees, or have any ideas for the celebration, contact Barbara St. Onge.



We are saddened to report the deaths of two of our alumni, RAY SCOLLAN ('80) and BARBARA TAYLOR ('79). Ray died on February 8 of a brain tumor at the age of 37. He had been a founding member of the BUSPH alumni organization and an integral part of all of our activities. Ray had worked at Cambridge Hospital as the Unit Manager in the Ambulatory Care Division for four years. He had also been a respiratory therapist at Mass. General Hospital and more recently, Beth Israel Hospital. Ray was a gentle, delightful person and we will remember him always with great fondness.



Ray Scollan
1950-1987

Barbara Taylor died on March 8 after a long illness. During her 17 years at Harvard Community Health Plan, she was instrumental in developing the expanded role of nurse practitioners and a principal developer of the Diabetic Teaching Program and the Ways to Wellness Program. In her memory, HCHP has set up the Barbara Taylor Scholarship for Allied Health Services.

DAVIDA ANDELMAN ('84) is breathing easily these days. She is now the Environmental/Occupational Health Educator for the American Lung Association of Mass./Boston area. She deals with environmental air pollution and occupational lung problems and is the resource person for the agency's affiliates. Davida is also involved in major environmental issues that affect the state.

MARIKAY BATINA ('87) was last seen riding into the sunset, on her way home to California, her way station before heading off to the Peace Corps in mid-June. She will be living in the Central African Republic and working with mid-level professionals to implement the Ministry of Health's five-year program to combat communicable childhood diseases such as diarrhea and malaria. Marikay's address for the next two years will be: Peace Corps B.P. 1030 Bangui, Central African Republic.

Air mail has arrived from LAURINE BROWN ('85) in Bangladesh. She has been there six months, working on a nutrition education program to reduce the high rate of infant mortality. "In Bangladesh, over 120/1000 births die compared with 9/1000 in the US. Poverty is a big contributor, diarrheal deaths due to lack of clean water is another, and cultural food practices a third." Laurine said that most of their 0-5 month babies were gaining weight well on breast milk. "The real challenge will be babies from 12-24 months, because by then, two-thirds have some degree of malnutrition." Laurine has adapted quite well to her rural life,

except for occasional encounters with indescribable insects.

On her own... CHARLOTTE CROWDER ('82) has started her own consulting business: Synoptic- Consultants in Health Care Planning. She expects to be offering services in marketing strategy, program design and development, and facility planning primarily to community hospitals. She does not have any job openings now, but if you will be available for part-time, short-term projects, you should call her at 1-653-2466 (Natick).

SUSAN D'AMATO ('87) left town in a hurry. The day after graduation, she was at her new job: Clinical Data Analyst at Pfizer Pharmaceutical Corp., in Groton, CT. Susan is collecting, managing and analyzing data on Phase II and Phase III clinical trials. In September, Susan will become a marriage statistic- to Heikki Paadre, a systems analyst. Previously, Susan was a biometrician at the Mass. Dept. of Public Health, Division of Health Statistics.

Moms and daughters are the words... SARAH MARTER's ('83) daughter, Suzanne, was born on January 21 and Mom is already back at work part-time at the Health Data Institute as an internal consultant. ANA MARIA DE JESUS-CALIGIURI ('86) is enjoying her totally different life with her first child, Cristina Caligiuri, born March 9. An early Easter delivery for BETTY RUTH ('85) and husband, Chip Hartranft... Olivia Rose arrived on April 18, weighing in at 8 lbs. 15 oz.

Midwestern roundup... DIANE DOBROWSKI ('85) has added a new last name: Danehy; adjusted to a new home: Chicago; and acquired a new job: Senior Consultant for the Federal Programs Division at Blue Cross/Blue Shield.

Catching up with TERRY DOUGHERTY ('83) in midflight... Since June 1986, Terry has been Director of Administrative Operations for Boston Medflight, where he is responsible for the financial aspects of the helicopter program. He is also Medflight's liaison to the governmen-

tal agencies and hospitals. (All of the major Boston hospitals are in the program.) Other midlife changes include getting married in 1985 and becoming a father on April 15, 1986. Terry's tax deduction is called Margaret Alice.

RUTH FRARY ('80) reports from Atlanta that she was married in October to John Montgomery. She was also promoted to Regional Medical Services Advisor for the southeast region of Crawford and Company. Crawford is a national risk management company servicing insurance companies and self-insured industries.

Good neighborhood news... GEORGE FRIOU ('87) is enjoying his new job as Outreach Supervisor for Upham's Corner Neighborhood Health Center. He is working with high-risk women and children in the Dorchester area, and is involved with the Cape Verdean, Haitian, Southeast Asian, and Hispanic communities.

West-coasting along... BETTY HONG ('87) is back in California and employed at CIGNA Healthplan of Northern California as an Operations Analyst. Her responsibilities include strategic planning and market research.

SAFOURA MOAZAMI ('86) returned home to Iran after graduating BUSPH. In the past year, she became a newlywed- to Saeed Nader- and began a teaching career. She is teaching a course on research methods in public health (a familiar title) in Alameh Tabatabar University's Department of Public Health.

BOB MURPHY ('81) is still working for the Health Planning Council for Greater Boston, but now lives on the east side of Providence, Rhode Island. Bob and his wife, Lyn, have recently written the new Fodor's travel guide to Rhode Island, in their spare time, and the two are now hard at work writing a guide to Providence city government. "We have our own 'tale of two cities,'" says Bob. "Part of the time we study Boston. Part of the time we study Providence. Each city has its own style and we enjoy them both."

FRANNIE OSMAN ('85) is off to China next September with her husband, Bill Freeman. She expects to be there a year working in Taiyuan, the capital of Shanxi Province, which is southwest of Beijing.

KAREN POWER ('86) has a new title in the Boston Department of Health and Hospitals. She is the Assistant Director of the Health Statistics and Research Unit. Karen moved across town from U. Mass., Boston's Psychobiology Department, where she was a research assistant. Karen has just been accepted into BUSPH's doctoral program in epidemiology.

BUSPH alumni cluster... MAUREEN RABBITT ('86) has joined STEVE JOHNSON ('84) and IRIS DAVIS ('84) as an Environmental Analyst at the Department of Environmental Quality Engineering in Woburn. Maureen first worked at DEQE as an intern while she was at SPH.

DAVE RENKE ('83) has joined the staff of the Children's Hospital. As Clinical Services Manager of the Department of Cardiology, he is responsible for the clinical operations of the department. Family news includes a new son, Brian, born December 24, 1986. Brian has two siblings: Meredith, 2+ years, and David, 4+ years.

Safety first... NANCY SANDROF ('84) is now the Safety Officer for the Mass. Water Resources Authority. She is responsible for administering the safety program for this relatively new (1985) agency. The Authority's main goal is to deal with the clean up of Boston Harbor.

We're two steps behind YOGI THAMI ('86). We were going to report that Yogi was working as a Data Manager for the Healthy Start Program at DPH. However, in the meanwhile, he has departed for Pakistan where he is the Primary Health Care Coordinator for the International Rescue Committee. Yogi is responsible for the health supervisors in the 11 Af-

ghan refugee camps, which have a total population of 150,000.

A Washington transplant... Since December, WALTER WALSH ('86) has been hard-working at the EPA, Office of Policy, Planning and Evaluation (OPPE), Division of Office of Policy Analysis. He is an Environmental Protection Specialist on the Superfund project where he is specializing on the hazard-ranking system. Walter was the former Director of Public Health for Scituate.

Capitol news... Since the turn of the year, JOAN WRIGHT ('86) has been a Public Health Advisor for the District of Columbia's Commissioner's Office of Public Health. She is implementing and administering AIDS educational programs.



CTION NEWS

Environmental Health

Hollywood Exposee... Dave Ozonoff was summoned to The Studio in April to participate in a television show "For Your Family's Sake," a program "dedicated to exposing America's current and future drinking water crisis." Dave was part of a panel of experts which will appear with a celebrity panel: Harry Morgan, Ed Begley, Jr. and Lindsay Wagner. The show's purpose is to motivate people to become involved in supporting local, regional and national initiatives and legislation to protect and improve water sources. Other out-of-state engagements include a lecture at the New School in New York on politics and cancer, and a presentation at CDC in Atlanta on "Toxic Exposures and Low Birthweight." Dave

has also been chosen this year's BUSPH commencement speaker.

Last issue, it was a patent, this issue it's a parent... John Groopman became a father once again- His son, Evan Edward, was born on April 6, with a birthweight of 7lbs. 9 1/2 oz. His daughter, Alena, at 3 1/2 years, is already well versed in the first 20 elements. Upcoming presentations... John will be talking about the data from his aflatoxin monitoring study in China at the American Association of Cancer Researchers meeting in Atlanta. Later, in Denver, he will be presenting an overview of human biological monitoring at the American Society of Mass Spectrometry meeting.

More with Les ... Over the past several seasons, Les Boden has presented a number of papers: Last summer, at the 10th Annual National Symposium on Worker's Compensation, he spoke on the "Use of Medical Evidence in Maryland Workers' Compensation." In the fall, he spoke on "Dispute Resolution in Workers' Compensation" at a Harvard University labor economics seminar. Last winter, he presented a paper on "Adversary Use of Medical Evidence" at the third annual meeting of the Workers' Compensation Research Institute. He also spent some time in February at the University of Michigan, where he spoke on "The Use and Abuse of Cost-Benefit Analysis." Both Les and Tony Robbins developed a faculty seminar on Public Health Inspection attended by B.U., Harvard, and Univ. of Lowell faculty, as well as people from the Mass. DPH and the Attorney General's office.

Tony Robbins has joined the technical advisory board of the Milbank Memorial Fund, which is concentrating its efforts on occupational health problems of agricultural workers. In Washington, he recently testified before the House and Senate Appropriations Subcommittees for the APHA. And soon to be in Moscow, Tony will be attending the World Congress meeting of the International Physicians for the Prevention of Nuclear War; he will be co-chairing a session.

Epidemiology and Biostatistics

Semper Fidel... In March, Ted Colton spent a week in Cuba as a consultant to the government on a large epidemiologic project on neurologic diseases and psychiatric disorders. He gave a series of three lectures on statistics in medicine at the Ministry of Public Health. Other speaking engagements include a talk in April at the meeting of Directors of Clinical Research Centers supported by NIH, where he spoke on "Statistics in Clinical Research." Later that month, Ted was the invited speaker at the Statistical Awards ceremony at CDC; he spoke on "The Statistical Evaluation of Medical Journal Manuscripts."

Adrienne Cupples was down on the bayou for a few days in March at the American College of Cardiology meetings in New Orleans. She spoke on "How Useful is Diastolic Blood Pressure? Insights from the Framingham Study." Their thesis is that systolic is as predictive of disease, if not more so, than diastolic, especially in the elderly.

In February, Herb Kayne travelled to Venezuela to lecture on statistics to physicians and staff at the Outpatient Clinic in Barquisimeto. His host, Dr. Bartolome Finizola, then visited the BU Medical Center in March; he is hoping to formalize a connection between BUSPH and his clinic in Venezuela.

And this biostatistician stayed home... Tim Heeren had an article, co-authored by Ralph D'Agostino, published in *Statistics in Medicine*, Vol. 6. The title is "Robustness of the Two Independent Samples t-Test When Applied to Ordinal Scaled Data."

Health Law

George Annas is using his indelible pen again. He has written a book with Sherman Elias, MD, on "Reproductive Genetics and the Law," published by Year Book Medical Publishers, Chicago- out on the bookshelves in April. He has written two articles for *Law*,

Medicine and Health Care: "The Ethics of Embryo Research" (Sept. 1986) and "Made in the USA: Legal and Ethical Issues of Artificial Heart Transplantation" (March 1987). An editorial on "Protecting the Liberty of Pregnant Women" appeared in the New England Journal of Medicine this month.

Behind the lectern... George has given three lectures this spring on "New Reproductive Technologies"- at Harvard Law School, Hofstra Law School and the New York Academy of Sciences. On April 2, he debated on surrogate motherhood with Noel Keane's surrogate at BU Law School. He spoke on "Bioethical Issues in Drug and Vaccine Development and Testing" at the AIDS Forum at the State House on April 14 and gave the keynote address at the Conference on Ethics and Law in Medicine at Hahnemann University on May 1. George was also one of two featured speakers at the 12th annual conference on Nursing Law on May 5 at BU, sponsored by the American Society of Law and Medicine and Law-Medicine, Inc.

Health Services

Out in print... Larry Branch recently had an article published in The Gerontologist: "Continuing Care Retirement Communities: Self-Insuring for Long-Term Care."

In March, Allan Meyers went to Mexico, drank the water, and paid the price. He was in Mexico City to deliver a paper at the 5th World Congress of Public Health Associations. He habla-ed on innovative approaches to graduate public health education in the US. The panel was sponsored by the Association of Schools of Public Health. Back a month to February in Framingham, Allan was the moderator for a program sponsored by the Long-Term Care Foundation on "Access to Nursing Home Care." Under the golden dome, Allan offered testimony on behalf of a bill, sponsored by Rep. Marjorie Clapprod, to establish a statewide long-term care database.

Around town with Alan Sager... In March, Alan presented some of the results of his recent study on immunizing nursing home residents against influenza at the March meeting of the Association of Higher Gerontology in Boston. The audience was on pins and needles. Ouch. He's now at his computer writing a history of payment for free care in Massachusetts hospitals under prospective payment. This will be presented as a background paper this month at the Boston meeting of the national Pew Fellows Program. A third paper is in the works on public hospital restructuring, which he is writing with Geraldine Dallek.

Right church, wrong Pew... For the past two years, Steve Crane has served on the National Task Force of the Presbyterian Churches in the US. The Task Force has been working on a position paper for the Church on national health policy. The paper, due out this summer, will address issues such as access to care, occupational safety and health, wellness, cost containment, and corporate sector responsibilities.

Michael Weitzman has received a grant of \$150,000 per year, from the Boston Foundation, to put together a post-natal home visit program for selected children born to mothers who participated in the prenatal healthy baby program. Children and families will be enrolled for the first two years of the children's lives. The program will attempt to decrease mortality, injuries and failure to thrive and foster improved child development and improved health services utilization among many of the highest risk and most vulnerable children born into poverty in Boston. The program is anticipated to operate at least five years. This grant is the largest that the Boston Foundation has given to date under their poverty impact program.

Social and Behavioral Sciences

Lee Strunin and Ralph Hingson had an article published in this month's Pediatrics on "AIDS and Adolescents: Knowledge, Beliefs, Attitudes and Behaviors." They made a presen-

tation on the same subject to the Governor's Task Force on AIDS in March.

On April 29, Diana Walsh had the distinction of being the first woman in 34 years to give the Clarence O. Sappington lecture at the American Occupational Health Conference in Philadelphia. She spoke on her research in occupational medicine: Corporate doctors- how they can be more effective and humane. Dr. Sappington was the first American to hold the Doctor of Public Health degree, which he earned at Harvard. Constantly in moderation... Diana is moderating a panel this month at the National Pew Conference in Boston on access to health care for the indigent. In June, she will be chairing a conference in San Diego on employee assistance programs. On stage again in June, she will be mid-continent, in Chicago, moderating a session at the Association of Health Services Research on "Evaluating Research on Employee Health Programs." Her paper on "Corporate Perspectives on Women and Health" was recently published in Women and Health.

Office of Special Projects

New member of the OSP team... Mike Trisolini: BA from Oberlin, MBA from Harvard, formerly played for the Center for Cost Effective Care at Brigham and Women's Hospital. Mike is a Senior Research Associate; his primary goal is developing the new Financing Health Care in Developing Countries course to be offered this fall. He will also be consulting on information systems for the Indonesian Ministry of Health.

OSP just finished running a very successful six-week Management for Child Survival course, which featured a week practicum in St. Vincent and the Grenadines. Twelve participants and three MPH students descended on the island at the end of March to study St. Vincent's MCH services and primary health care management systems. The participants came from Egypt, China, Zimbabwe, Uganda, Ethiopia, Sierra Leone, and Nigeria.

OSP has held two international health seminars this spring: In early April, Dan Pellegrum, Executive Director of the Pathfinder Fund, spoke on "Family Planning: The Threat at Home and the Damage Abroad." On April 29, Alberto Rizo, Regional Director of Latin America, Pathfinder Fund, talked on "Colombia: Experience in Population Policy in Family Planning Programs." The next scheduled speaker is Imtiaz Taj Kamal, Country Representative for Pakistan, Pathfinder Fund, who will discuss "Traditional Birth Attendants: Their Role in MCH Services in the Eastern Mediterranean Region."

SARAH DEGNAN ('84) will be going to the Philippines for the month of June to work with counterparts in the University of the Philippines, Manila, College of Public Health, on a proposal to USAID. Other OSP staff members, DAN ALFORD ('86) and KATHY LAMING ('86) will be summering at BUSPH running the fifth Summer Certificate Program in International Health. About 40 participants are expected.

Out of BUSPH, Into Africa

Dr. Robin Ryder had barely organized his office in the Epidemiology and Biostatistics Section when he was called away last fall to assume an important leadership position in the battle against AIDS. Taking a leave of absence from his teaching and research commitments, he became the Director of the CDC/NIH/Antwerp School of Public Health AIDS Research Unit in Kinshasha, Zaire. Robin stressed that his relocation was only temporary and felt that the importance of the work going on in Zaire offered sufficient persuasion. "The Kinshasha post offers an unprecedented opportunity to conduct research in a part of the world with which I am very familiar, and on a subject which is currently the most important global public health infectious disease problem."

He also felt that his work might provide opportunities for BUSPH alumni and students interested in AIDS research to participate in this

vital effort to learn more about the disease. " I really encourage students to come out for a meaningful period of time- not to be a voyeur, but to be well enough equipped to do something important." Dr. Ryder said he would be interested in considering students or alumni who were willing to make a commitment of at least two months to work on small projects.



SPH's ninth commencement was held on May 17 at the BU School of Fine Arts Concert Hall. Ninety-seven students received their MPH degrees; one doctoral student, Gerry O'Connor, was awarded a doctor of science in epidemiology. His thesis was on "Physical Exercise in the Prevention and Treatment of Myocardial Infarction." Dave Ozonoff was the featured speaker. His talk, "Truth or Consequences," discussed how even the best public health officials sometimes find it difficult to be straightforward with the public. Tony Caruso, the student speaker, spoke about how we can't let important issues, like hunger, just be the whim of the moment; these problems can't be forgotten.

Misplaced Alumni: Do You Know Where These People Are?

M. Jane Allen, Susan Amergian, Veronica Bailey, Susan Baird, Robert Beattie, Ellen Bowler, Sheila Capron, Jane Christiansen, Martha Daigle, Ruth Danby, Priscilla Dasse, Elaine De'Ieso, Sal DiForte, Colin Fay, Maria Gualtieri, Pam Guigli, Donna Gulbinas, Pamela Horton, Marilyn Jordan, Joan LeTourneau, Carol Master, Maryellen McCabe, Mary McGovern, Allison Miller, Maryellen O'Donnell, Marcy Olmsted, Judy Ratz, Anne Sanborn, Fred Schaefer, Marilyn Stone, Coleen

Tenney, Mary Anne Totten, Lee Tripp, Ellen Tsapatsaris, Joanne Wheaton, Betsy White. Please turn in all addresses and phone numbers to the Alumni Lost and Found Department, c/o Barbara St. Onge.

ARE YOU LOOKING FOR A JOB? DO YOU HAVE A JOB AVAILABLE? IF NOT A JOB, AN AVAILABLE INTERNSHIP?

If the answer is yes to any of the above, please call Barbara St. Onge at 638-5052.

1986 New Horizons/New Nutrition Recipe Contest Winner

MINNIE BUNKER'S CARROT SPICE MUFFINS

16 muffins

Per serving: 154 calories; protein- 3 gm; carbohydrate- 23 gm; fat- 6 gm; sodium- 36 mg; cholesterol- 1 mg.

Ingredients:

- 1-1/8 c. whole wheat flour
- 1/2 c. wheat germ
- 1/2 c. all bran cereal
- 1/4 c. sesame seed
- 1 tsp. baking soda
- 3 tsp. cinnamon
- 1 tsp. ground nutmeg
- 1/2 tsp. allspice
- 1/4 tsp. ground cloves
- 1/2 c. orange juice concentrate undiluted
- 1/2 c. honey
- 1/3 c. safflower oil
- 1/4 c. low fat plain yogurt
- 1-1/2 c. (4 medium) pared and grated fine carrots

1. Combine dry ingredients in small bowl.
2. In large bowl, whisk together orange juice, honey, oil, and yogurt.
3. Add the flour mixture and stir until moistened. Stir in carrots.
4. Pour into muffin tin that has been sprayed with nonstick vegetable coating spray. Fill each pocket 3/4 full.
5. Bake in preheated oven at 350 until tester when inserted into center comes out clean (about 25-30 minutes).

Boston University
School of Public Health
80 East Concord Street
Boston, Massachusetts 02118

Non Profit Org.
U.S. POSTAGE
PAID
Boston, Mass.
PERMIT NO. 56031
