

Sabina Valentine

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EDUCATION

<i>Major:</i>	Masters of Science UNIVERSITY OF ALBERTA Nutrition, Registered Dietitian	1996-2003 EDMONTON, ALBERTA
<i>Major:</i>	Masters of Science UNIVERSITY OF BRITISH COLUMBIA Nutrition	1992-1995 VANCOUVER, BRITISH COLUMBIA
<i>Major:</i>	Bachelor of Science SIMON FRASER UNIVERSITY Biochemistry Minor: Kinesiology	1986-1992 BURNABY, BRITISH COLUMBIA

EMPLOYMENT

University Instructor UNIVERSITY OF ALBERTA	2000-2019 EDMONTON, ALBERTA
Research Coordinator UNIVERSITY OF ALBERTA	2018-2019 EDMONTON, ALBERTA
University Instructor MACEWAN UNIVERSITY	2019 EDMONTON, ALBERTA
Dietitian CENTRE FOR HEALTH AND NUTRITION	2017-2018 EDMONTON, ALBERTA
Dietitian ALBERTA HEALTH SERVICES	2011-2018 EDMONTON, ALBERTA
Dietitian CITY OF EDMONTON	2004-2018 EDMONTON, ALBERTA
Dietitian CROSS CANCER INSTITUTE	2003-2011 EDMONTON, ALBERTA

PERSONAL

- NOMINATED FOR TEACHING AWARD, 2005
- CANADIAN TRIATHLETE OF THE YEAR, 2001
- TOP CANADIAN FEMALE AMATEUR OVERALL, WORLD TRIATHLON CHAMPIONSHIPS, 2001

Teaching Experience

Courses Taught

NUTR 100 - Nutrition and Well Being, University of Alberta - Fall/00-present
Dietetic Practice in Canada (for accreditation for internationally trained dietitians): developed and taught course; 2016-present
NUFS 250 – Applied Food Theory, University of Alberta – Fall, 2019
HEED – Health Education, MacEwan University – Winter, 2019
NUTR 452 – Nutrition and Chronic Disease – Winter, 2018
NUTR 468 – Clinical Nutrition, University of Alberta – Spring/07-Fall/14
NUTR 476 – Advanced Clinical Nutrition – Winter/15
NUTR 352 – Current Topics and Controversies in Nutrition, University of Alberta - Fall/12
NUFS 430 - Principles of Sensory Evaluation of Foods, University of Alberta - Fall/00

Guest Lectures

Epigenetics – NUTR 452 Nutrition and Chronic disease, Winter, 2019
Trauma and Nutrition – NUTR 476 Advanced Clinical Nutrition, Winter, 2019
Cancer and Nutrition, Faculty of Extension, Fall/17
NURS 407 – Acute Care Nursing Theory II, University of Alberta, Fall/14
NUTR 466- Introduction to Dietetic Practice, University of Alberta, Summer/08
PEDS 430 - Sports Injuries and Nutrition, Grant MacEwan University, Fall/01-Winter/07
HEED 110 - Health Education, University of Alberta - Fall/02
PEDS 412 - Advanced Exercise Physiology - Fall/02
AFLCA recert - Alberta Fitness & Lifestyle Certification, U of Alberta - Spring/Fall/02
PEDS 334 - Body Composition and Physical Activity, University of Alberta, Winter/01
NUTR 601 – Nutrition and Endurance Sport, University of Alberta, Fall/98

Professional Development

Food Safety Basics Certificate, Alberta Health Services, 2019.
College of Dietitians of Alberta member, 2003 – present.
Dietitians of Canada member, 2012-present.
College of the Dietitians of Alberta Competency Evaluator, 2006

Additional Contributions

CBC Interview, Morning Show: How to manage a food hangover, 2019.
Folio Magazine Interview, University of Alberta: How to Mend a Food Hangover, 2019.
Folio Magazine Interview, University of Alberta: Is Coffee Good for You? 2019.
Global TV Interview: The New Canada Food Guide, Jan, 2019.
CTV, Huffington Post, Maylay Mail: Healthy lunches.Fall, 2018.
Public Health Agency of Canada, Development of Healthy Eating Indicators, 2018.
Global TV Interview: Nutrition and Breast Cancer, 2018.
Folio Magazine Interview, University of Alberta: Vegan, Vegetarian diets more than just taking meat off the table, Fall, 2018.
Chatelaine Magazine Interview; Folio Magazine, University of Alberta; University of Alberta News Site:Why we fall for chocolate on 2017.
Folio Magazine Interview, University of Alberta: How to beat the baby boomer buldge, Winter,2017.
Global TV Interview: Sports Drinks for Kids, 2017.
CBC Interview, Radioactive: Chocolate: to sweet or not to sweet, 2017.
Folio Interview, University of Alberta: Holiday food baskets: beware the calorie bomb! 2017.
Folio Interview, University of Alberta: Why parents shouldn't be spooked by Halloween candy, 2017.
Reviewer for Journal of Applied Physiology, Nutrition and Metabolism, 2016- 2018.
Television Interview: How to Eat Healthy, Shaw Cable, 2017.
Alberta Milk Seminar Conference Moderator, Edmonton, Alberta, 2012.Webinar Organizer for Maternal and Child Health Webinar, University of Alberta/Calgary, 2012.
Reviewer for *The Science of Nutrition*, 1st Canadian Edition, Thompson et al, 2011.

Author:quiz questions for *Nutrition: Concepts And Controversies*, 11th Edition,Sizer et al, 2011.

Research Experience

Refereed Publications

- Valentine SC, Dieter Characteristics, leptin, menstrual function. Master's thesis. University of Alberta, 2003.
- Parkes SC, Belcastro AN, McCargar LJ, McKenzie DC. .The effect of an energy restriction on muscle function and calcium stimulated protease activity in recreationally active women. Canadian Journal of Applied Physiology, 23(3): 279-92, 1998.
- Parkes SC. Dieting, muscle function and muscle proteolysis. Master's thesis, University of British Columbia, 1995.

Non-refereed Publications

- * Valentine, SC. Nutrition and Sleep. Find your Fit City of Edmonton Online Newsletter. Edmonton, AB, 2016.
- * Valentine, SC. Don't let cauliflower break the bank: how to eat healthy on a budget. Find your Fit City of Edmonton Online Newsletter. Edmonton, AB, 2016.
- * Valentine, SC. Nutrition and sleep. Find your Fit City of Edmonton Online Newsletter. Edmonton, AB, 2016.
- * Valentine, SC. Vitamin D and living in Edmonton. Find Your Fit City of Edmonton Online Newsletter. Edmonton, AB, 2015.
- * Valentine, SC. Are processed meats carcinogenic? Find Your Fit City of Edmonton Online Newsletter. Edmonton, AB, 2015.
- * Valentine, SC. New Cholesterol Recommendations. Find Your Fit City of Edmonton Online Newsletter. Edmonton, AB, 2015.
- * Valentine SC. Nutrition Resolutions. Find Your Fit City of Edmonton Online Newsletter. Edmonton, AB, 2015.
- * Valentine SC. Preventing Overeating. Find Your Fit City of Edmonton Online Newsletter. Edmonton, AB, 2014.
- * Valentine SC. Have Your Cake and Eat it to: the skinny on sugar. Find Your Fit City of Edmonton Online Newsletter. Edmonton, AB, 2014.
- * Valentine SC. Go With the Grain. Find Your Fit City of Edmonton Online Newsletter. Edmonton, AB, 2014.
- * Valentine SC. Gluten Free Diet Myths. Find Your Fit City of Edmonton Online Newsletter. Edmonton, AB, 2014.
- * Valentine SC. Tis the Season....for Fruits and Vegetables! Find Your Fit City of Edmonton Online Newsletter. Edmonton, AB, 2014.

Conference Proceedings

- * Valentine SC, Fenske T. Prudent Dietary Recommendations: Navigating the Fads and Facts. Cardiovascular update for the Practicing Physician. Royal Alberta Hospital, Edmonton, AB, Fall, 2019.
- * Valentine SC, Mazuruk V, Fields C. From face to face to cyberspace: a technological journey of three academics. Nutrition 100 - an on-line course. Innovative Instructor's Conference for On-line Learning, Edmonton, Alberta, 2003.
- * Valentine SC. Triathletes and disordered eating (presentation). Triathlon Canada Coaching Conference, Edmonton, Alberta, 2001.
- * Valentine SC, Harber V, McCargar LJ, Clandinin MT. Leptin's regulation of menstrual function in obese women placed on a long-term energy restriction (poster). Dairy Nutrition Council of Alberta Conference, Edmonton, Alberta, 2001.
- * Valentine SC, Harber V, McCargar LJ, Clandinin MT. The effect of weight loss on leptin and reproductive function in overweight, normally menstruating women (presentation). Canadian Society of Exercise Physiology Conference, Canmore, Alberta, 2000.

- * Parkes SC. Does leptin regulate reproductive function in women with amenorrhea? (presentation) Cell and Molecular Biology Collaborative Network in Gastrointestinal Physiology: Super Friday Research Day, Edmonton, AB., 1998.
- * Parkes SC. Effects of leptin and leptin regulation (presentation). Nutrition and Metabolism Research Group Conference, Whistler, B.C., 1996.
- * Parkes SC, Belcastro AN, McCargar LJ, McKenzie DC. The effect of dieting on substrate utilization, muscle function and myofibril structure in active females. The American Society of Clinical Nutrition 35th Annual Meeting, San Diego, Calif., 1995, p. 9.
- * Parkes SC, Belcastro AN, McCargar LJ, McKenzie DC. The effect of dieting on substrate utilization, muscle function and myofibril structure in elite female athletes. Pacific Northwest Exercise Group Conference, Vancouver, B.C., 1995.

Conferences Attended

- What's for dinner? Fresh Approaches for Improving Canadians' Eating Habits, Dairy Farmers of Canada, Edmonton, Alberta, 11/06.
 - Canadian WebCT eLearning Conference, University of Alberta, 06/06
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Invited Speaking Engagements

- * Valentine SC. Updates to the Canada Food Guide. Gyrrette Club of Edmonton, Edmonton, 2019.
- * Valentine SC. Healthy Eating and Menu Planning. City of Edmonton Group Fitness Consultants, Edmonton, AB., 2016.
- * Valentine SC. Sport Nutrition for Cross Country Skiing. Nordic Club of Edmonton, Edmonton, AB., 2014.
- * Valentine SC. Brain Boosters. Central Lions Society. Edmonton, AB, 2014.
- * Valentine SC. Fibre and Seniors. Central Lions Society. Edmonton, AB, 2014.
- * Valentine SC. Managing Cancer Fatigue with Nutrition. Cross Cancer Institute. Edmonton, AB, 2012-2013.
- * Valentine SC. Nutrition and Blood Cancers. Cross Cancer Institute. Edmonton, AB, 2012.
- * Valentine SC. Nutrition and Prostate Cancer. Cross Cancer Institute. Edmonton, AB, 2010.
- * Valentine SC. Nutrition for Health. College and Association of Registered Nurses of Alberta, Edmonton, Alberta, 2009.
- * Valentine SC. Nutrition for Cycling Performance. Sun City Vistoso Cycling, Tucson Arizona, 2009.
- * Valentine SC. Nutrition and Sport Performance. Women's Triathlon Training Group, Edmonton, Alberta, 2008.
- * Valentine SC. Nutrition and Running Performance. University of Alberta Cross Country Team, Edmonton, Alberta, 2008.
- * Valentine SC. Healthy Eating. Edmonton Public School Teachers Conference, Edmonton, Alberta, 2004.
- * Valentine SC. Management of high cholesterol. St. Mary's Hospital, Edmonton, Alberta, 2003.
- * Valentine SC. Management of Diabetes. Aboriginal Diabetes Centre, Edmonton, Alberta, 2003.
- * Valentine SC. Nutrition for Female Triathletes. Kinsmen Sports Centre, Edmonton, Alberta, 2003.
- * Valentine SC. Regulation of Reproductive Status by Leptin in Obese Women Placed on a Long-term Energy Restriction. University of Alberta, Perinatal Research Centre, Edmonton, Alberta, 2000.
- * Valentine SC. Amenorrhea and the Female Athlete. University of Alberta, Glen Sather Sports Clinic, Edmonton, Alberta, 1999.

References

- Dr. Catherine Field, PhD, RD
Professor, University of Alberta
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Ph. (780) 492-2597
- Dr. Rhonda Bell, PhD
Professor, University of Alberta

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