

**Interviewee: BJ Friedman, PhD, RD, LD**

**Job title: Professor, Texas State Dietetic Internship Director, Graduate Coordinator, MS in Human Nutrition**

**Date:**

- 1. What is your educational background?**

**BS in History/Nutrition, Illinois State University, 1975**

**MA in Nutrition, University of Texas at Austin, 1982**

**PhD in Biological Sciences, University of Texas at Austin, 1985**

- 2. What made you become interested in Nutrition?**

**I worked as the manager of a natural foods store and discovered how interesting nutrition was. I wanted to help people and I love food, so I decided that becoming a dietitian was what I needed to do.**

- 3. What was your first Nutrition-related job experience like?**

**Manager of New Life Natural Foods in Pittsburgh, PA introduced me to whole foods and working with people who were interested in improving their health through food. It was one of the best jobs I've ever had. I got to meet all of the coolest people in Pittsburgh at the time (early 1970's). I bought organically grown produce from a local Italian immigrant who grew all kinds of wonderful vegetables and had fig trees, which were unknown to grow in Pittsburgh. He would bury them in the fall to protect them from the freezing temperatures.**

- 4. What is your favorite aspect of Nutrition?**

**I love food – whole, fresh, delicious foods prepared with the best ingredients and with care and an appreciation for taste and health.**

- 5. Why do you feel that more people need to be educated about Nutrition?**

**Most of our chronic diseases can be prevented with good nutritional habits and a healthy lifestyle that includes regular physical activity, rest, and relaxation.**

6. Is there anything else regarding Nutrition that you would like to comment on?

We need to teach people how to appreciate whole foods and eating well, instead of just eating what is inexpensive and convenient. Unfortunately, our typical busy lifestyles have diminished families from preparing and eating meals together. I'm hoping the sustainability movement will encourage more people to eat more locally grown foods that aren't so processed, and to grow their own food.