



Cancer Prevention & Control Program COLLOQUIUM SERIES

Disease Prevention and Reversal via Diet

‘Cooking Up’ the Evidence with Columbia’s Cooking New Director



Trisha Mandes, MPH, MS
Director, Columbia’s Cooking!
Lead Nutritionist
Cancer Prevention and Control Program
Project Coordinator, IMAGINE Study

FRIDAY

September
11

10 a.m. – 11:30 a.m.

Discovery 1 | Rm. 140
915 Greene Street

Trisha Mandes is the lead nutritionist for the Cancer Prevention and Control Program. Ms. Mandes received her MPH from the University of Eastern Finland in 2014, and her work has a strong focus on evidence-based chronic disease prevention and reversal, specifically through whole foods and plant-based nutrition. Ms. Mandes also holds a Certificate in Whole Foods, Plant-Based Nutrition from eCornell and the T. Colin Campbell Center for Nutrition Studies, Rouxbe's Professional Plant-Based Cooking Certification and has completed numerous courses with The Wellness Forum's Institute for Health Studies. Ms. Mandes has extensive community-based experience, specifically through her work for The Food Trust's School Nutrition Education Program in Philadelphia, on the diabetes team of the The Native American Rehabilitation Association in Portland, as a Food Coach for Dr. McDougall's and Earth Save International's Meals for Health Program and her creation of the R.I.S.E. with Healthy Food Program in the McMinnville, Oregon School District.



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