



**Latha Devareddy, PhD**  
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**Academic interests:** Role of functional foods and plant bioactive components in the prevention/treatment of chronic diseases; Nutrition and aging.

**Research Focus & Techniques of Expertise:** Focuses on investigating the role of functional foods in the prevention/treatment of chronic diseases of inflammatory origin particularly cardiovascular disease and osteoporosis. She is also examining the role of looking at life style modification and plant bioactive compounds in combating the obesity epidemic. She works closely with exercise physiologists, food chemists and horticulturists to address key issues in disease prevention. Her particular expertise is in using animal models and conducting clinical trials.

#### **Current Research Projects:**

- Role of Rice in the prevention of bone loss in a rat model of postmenopausal osteoporosis.
- The Role of Soy in the Prevention/Treatment of the Metabolic Syndrome.
- The Role of Anti-oxidant Rich Berries in the Prevention of Smoking-induced Bone Loss in Postmenopausal Women.
- Isolation of conjugated linoleic acid (CLA) rich triacylglyceride fractions and fatty acids from high CLA soy oil for nutrition studies.
- Plant-based anti-inflammatory agents to reduce the risk of chronic inflammatory diseases.

#### **Grants**

##### **(P3-210) Cardiovascular Response to Plant-Based Anti-Inflammatory Agents**

**PI:** Latha Devareddy (UAF); **Co-PI:** Anne Grippo (ASU)

Postmenopausal women suffer increased risk of heart disease, due in part to atherosclerosis. Atherosclerosis, in turn, may be caused by elevated levels of blood cholesterol and other factors. Our project will investigate the role of compounds present in blueberries (anthocyanins) and grapes (resveratrol) in the prevention of heart disease in postmenopausal women.